COOKING TO-DAY *the* REGULO (REGD.) WAY!...

227

RECIPES WITH REGULO MARKS

Recipes approved by the
MINISTRY OF FOOD

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Cooking To-day the Regulo Way

THE RECIPES that follow have all been obtained recently from the Ministry of Food, and have been completed by the addition of the Regulo settings where necessary.

Whilst all the ingredients used may not be obtainable at one time, they should be available during the year, either in the shops or in your garden.

In making use of them, besides ensuring appetizing and nourishing meals, you will also be carrying out the Food Minister's appeal to use only a bare minimum of materials for which shipping space is required.

RC/B124

Radiation Ltd.

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SECTION I

PUDDINGS, PASTRY AND SWEETS

Under present conditions the potato is of considerable value for many dishes. The use of potato in pastry is particularly helpful, as it takes the place of some of the flour, and also a lower proportion of fat is required for shortness. Three recipes for potato crust are given below, and these are referred to throughout the book.

POTATO SHORT CRUST No. 1

Ingredients

8 ozs. of flour
2 ozs. of cooking fat
4 ozs. of dry mashed potato
½ teaspoonful of salt

Method.—Rub the fat into the flour. Add the potato and salt and knead to a firm dough. Usually no moisture is necessary, but if it is, use a spoonful or two of the water in which the potatoes were cooked.

POTATO SHORT CRUST No. 2 (with grated raw potato)

Ingredients.

8 ozs. of flour
2 ozs. of fat
3 ozs. of finely grated raw potato
Pinch of salt

Method.—Rub the fat into the flour and salt. Add the grated potato and quickly mix to a stiff dough.

POTATO CRUST No. 3 (Suet crust for puddings)

Ingredients

8 ozs. of flour
2 ozs. of grated raw potato
2 ozs. of chopped suet or cooking fat
1 teaspoonful of baking powder
½ teaspoonful of salt

Method.—Mix together the flour, baking powder and salt, and either add the suet or rub in the cooking fat.

Finally stir in the grated raw potato and use a very little cold water to mix all the ingredients to a soft, but dry dough.

APPLE BAKEWELL

Ingredients

½ lb. potato short crust No. 1
½ lb. of apples (when peeled and cored)
¼ lb. of well mashed potato

Regulo Setting Mark 6

2 ozs. of sugar
A small knob of margarine
2 tablespoonfuls of jam

Method.—Line a flan-tin with the crust. Thumb it well up round the sides to make a nice deep pie. Spread with jam. Cream the mashed potato with the sugar and margarine until it is light and fluffy. Beat it with the cooked apple, then heap the mixture into the tin and criss-cross with thin strips of pastry. Bake for 30 minutes in a moderately hot oven, until the crust is golden crisp. Cinnamon may be added if liked.

CHOCOLATE CREAM

Ingredients

4 ozs. of flour
2 ozs. of sugar
1 oz. of cocoa
½ teaspoonful of vanilla essence
1 pint of water

Method.—Mix the flour to a smooth paste with a little of the water. Boil the rest of the water then add the flour paste as if adding custard powder. Cook quickly and stir for 5 minutes, then add the sugar and cocoa. Boil again for 5 more minutes. Turn into small wetted moulds and put them away in a cool place to set.

Serve with a teaspoonful of jam on top of each.

CHOCOLATE CREAM TARTLETS

Ingredients

½ lb. of potato short crust No. 1
4 ozs. of smoothly mashed potato
2 ozs. of cocoa
1½ ozs. of sugar
1 level tablespoonful of dried egg

Regulo Setting Mark 6

1 level tablespoonful of Household milk powder
1 teaspoonful of vanilla essence
Cold water
A little jam

Method.—Line patty tins with thinly rolled pastry. Mix the potato, dried egg, milk powder, cocoa and baking powder together. Add enough cold water to make a smooth thick cream. Stir in the vanilla. Put a little blob of jam in each lined patty pan, drop a spoonful of the cream on the top. Cross with thin strips of pastry as in Congress Tarts. Bake in a moderately hot oven for 20-25 minutes.

CHOCOLATE PRUNE PUDDING

Ingredients

¼ lb. of prunes
6 ozs. of flour
2 ozs. of dry mashed potato
2 ozs. of cooking fat
2 ozs. of sugar
1 teaspoonful of cocoa
1 reconstituted egg
½ teaspoonful of bicarbonate of soda and a little warm milk

Method.—Soak the prunes until they are soft enough to allow the stones to be taken out and the prunes cut in pieces. Cream the fat, potato and sugar together, beat in the egg. Sift the flour and cocoa together and fold into the potato, egg and fat mixture. Stir the bicarbonate of soda into about ½ teacupful of warm milk and use it to mix the rest of the ingredients to a soft dough. Grease a pudding basin and line it with the cut prunes. Fill up with the mixture. Cover with a margarine paper or inverted saucer and steam for 1 hour. If possible pour 2 tablespoonfuls of very hot syrup over the pudding before serving it.

CHOCOLATE SPONGE PUDDING

Ingredients

3 ozs. of grated raw potato
6 ozs. of flour
2 ozs. of sugar
1 oz. of cocoa
1 oz. of margarine or cooking fat
1 level tablespoonful of dried egg
1 teaspoonful of baking powder
4 tablespoonfuls of milk
Pinch of salt

Method.—Cream the fat and sugar together. Mix the dried egg with the raw potato and beat it into the fat and sugar. Mix flour, cocoa, baking powder and salt together, and add them to the rest of the ingredients. Stir in enough milk to make a soft dough. Put it into a greased pudding basin and steam for 1 hour.

Serve with syrup or jam sauce, or chocolate-flavoured custard.

EVE'S PUDDING

Ingredients **Regulo Setting Mark 5**

1 lb. of cooking apples
6 ozs. of flour
2 ozs. of cooking fat
1 reconstituted egg
2½ ozs. of sugar
½ teaspoonful of baking powder

Method.—Peel, core and slice the apples. Put them with a little of the sugar into a pie-dish. Cream together the rest of the sugar and the fat. Beat the egg into the sugar and fat. Fold in the flour and baking powder, and use a spoonful or so of milk to make a creamy dough. Spread this dough over the apples. Bake in a moderately hot oven for 30-35 minutes.

Any fruit in season may be used.

HASTY PUDDING

Ingredients **Regulo Setting Mark 4**

2 ozs. of coarse oatmeal
1 oz. of sugar
4 level tablespoonfuls of Household milk powder
1 pint of water
½ teaspoonful of vanilla essence
2 tablespoonfuls of jam
Walnut sized piece of margarine

Method.—Mix together the oatmeal, sugar and milk powder. Stir in enough of the water to make a smooth paste. Bring the rest of the water to the boil, pour into the oatmeal and milk paste, stir well and add the flavouring.

Grease a pie-dish, spread the jam in the dish and pour in the pudding mixture.

Dust with nutmeg, if liked, and bake in a moderate oven for 40 minutes.

Serve hot, or leave to get very cold and then serve with cold milk.

LEMON PUDDING

Ingredients **Regulo Setting Mark 6**

½ lb. of potato crust No. 1
1 breakfastcupful of stale bread crushed into crumbs
2 level tablespoonfuls of dried egg
2 ozs. of sugar 1 pt. of Household milk.
1 dessertspoonful of lemon substitute
3 tablespoonfuls of home-made lemon curd. *See* recipe Page 22.

Method.—Line a deep pie-dish with the crust rolled thinly. Crimp it up round the top to make a finish. Spread the lemon curd on the bottom. Mix the crumbs, dried egg, and sugar together, and stir in the milk. Beat well, and add the lemon flavouring. Pour the mixture into the prepared dish and bake in a moderately hot oven for about 35 minutes.

LOVEAPPLE PIE

Ingredients **Regulo Setting Mark 6**

½ lb. of potato short crust No. 1
2 lbs. of small green tomatoes
3 ozs. of sugar
½ teaspoonful of ginger and a pinch of mixed spice

Method.—Cut the tomatoes in halves. Put them into a pie-dish, cover with the sugar and spices, and leave until the next day. When ready to make the pie, stir up the fruit and the syrup which will have formed. Put a pie funnel or egg-cup into the centre of the dish. Cover with the pastry. Bake in a moderately hot oven for 35 minutes until the crust is golden brown.

MACARONI MARMALADE PIE

Ingredients **Regulo Setting Mark 1**

½ lb. of cut macaroni
1 pt. of Household or fresh milk
2 tablespoonful of sugar
2 or 3 tablespoonfuls of marmalade
½ oz. of margarine
Grated nutmeg

Method.—Throw the cut macaroni into very slightly salted boiling water. Cook quickly for 10 minutes. Drain off the water. Arrange the macaroni in layers in a greased pie-dish with the marmalade spread between. Mix the milk and sugar together, pour into the dish. Put tiny pieces of margarine on the top and sprinkle very lightly with grated nutmeg. Bake in a slow oven for 35 minutes.

NORMANDY DUMPLINGS

Ingredients **Regulo Setting Mark 6**

½ lb. of potato short crust No. 1
4 medium apples
A little milk
4 tablespoonfuls of jam, preferably blackberry
1 level tablespoonful of sugar

Method.—Thinly peel and core the apples. Keep the brown stalks. Par-boil the apples in a very little water sweetened with

the sugar, to give them a start, because some kind of apples take longer to cook than the pastry. They must be quite firm and easy to handle. Having cooked them for 10 minutes, leave them to cool off in the water. Roll out the pastry thinly, cut into four and spread thinly with some of the jam. Put an apple on each prepared piece of paste, fill the cavities in the apples with the rest of the jam. Fold the paste securely round the apples, decorate the tops with leaves cut from scraps of the paste. Put the stalks in the tops. Brush with milk and bake in a moderately hot oven for 35-45 minutes.

If the apples are known to be really good cookers, then there is no need to boil them at all beforehand.

PEANUT BUTTER COOKIES

Ingredients **Regulo Setting Mark 4**

10 ozs. of flour
¼ teaspoonful of salt
2 ozs. of peanut butter
2 ozs of cooking fat
3 ozs. of sugar
1 reconstituted egg

Method.—Cream cooking fat and peanut butter together, beat in the sugar until the mixture is very light, add the egg, then the flour and salt. Knead to a stiff dough. Roll out and cut into rounds, bake for 20 minutes on a greased baking sheet. When cold, sandwich two together with jam or a thin spread of melted chocolate mixed with its bulk in peanut butter.

PRUNE DUMPLINGS

Ingredients **Regulo Setting Mark 6**

½ lb. of potato short crust No. 1
About 18 prunes, soaked halved, and stoned

Method.—Roll out the crust. Cut it into small rounds. On each round put pieces of prune. Gather up the edges and seal at the top. Place on a greased baking tin, sealed side down. Brush over with a little milk and bake in a moderately hot oven for 20-25 minutes.

BAKED PRUNE ROLL

Ingredients **Regulo Setting Mark 6**

½ lb. of potato short crust No. 2
2 ozs. of golden syrup
3 or 4 ozs. of prunes, soaked and stoned
½ teaspoonful of mixed spice or ground cinnamon
1 oz. of cooking fat

Method.—Roll out the dough on a well-floured board. Spread with warmed syrup, then with the prepared prunes. Sprinkle with the spices and roll up.

Seal the edges well by damping with cold water and pressing them firmly together.

Melt the cooking fat in a baking tin.

When it is quite hot, turn the roll in it, then bake in a moderately hot oven for 1 hour.

Turn the roll over once or twice during the cooking time.

RHUBARB WITH SWEET DUMPLINGS

ngredients

1 lb. of rhubarb
3 ozs. of sugar
8 ozs. of flour
1 teaspoonful of baking powder
2 ozs. of chopped sultanas or dates

Method.—Wipe the rhubarb and cut it into 1-inch lengths, put it into a basin with the sugar and leave it all night, or for several hours, to allow the juice to run. When required, cook with as little water as possible.

Make very small dumplings by mixing the flour, baking powder and dried fruit to a soft dough with cold water. Drop them into fast-boiling water, cook for 10 minutes, skim up and put them into the hot rhubarb.

Serve at once. Any other fruit may be used instead of rhubarb.

RICH STEAMED PUDDING (Christmas Pudding Style)

Ingredients

4 ozs. of breadcrumbs
4 ozs. of flour
3 ozs. of sugar
2 ozs of cooking fat or chopped suet
4 ozs. of grated raw potato
4 ozs. of grated raw carrot
4 ozs. of dried fruit
1 teaspoonful of mixed spice
1 teaspoonful of bicarbonate of soda

Method.—Chop the fruit into small pieces to make it go further. Rub the fat into the flour, and mix with it the crumbs, fruit, sugar and spice. Mix the grated potato, carrot and bicarbonate of soda, then add them to the dry ingredients. Stir together very thoroughly, then put the moist mixture into a well-greased large basin, or two smaller ones. Cover with margarine papers or inverted saucers, and steam for 1½ hours.

The pudding may be made richer by the addition of one or two tablespoonfuls of dried egg, by a little golden syrup or flavouring essence to taste. This pudding will keep for a week or two when cooked and stored in a dry place.

SUMMER CHARLOTTE

Ingredients **Regulo Setting Mark 1**

About 8 ozs. of stale bread, cut into thin neat pieces
1 lb. of rhubarb
4 ozs. of prunes (if possible)
2 ozs. of sugar
1 oz. of margarine

Method.—Soak the prunes overnight in just enough water to cover them. Next day cook the prunes with the rhubarb in

½ teacupful of the water in which the prunes were soaked, with half the sugar. Grease a small cake tin with part of the margarine, scatter sugar over the bottom and sides. Line the prepared tin with pieces of bread, pressing them in firmly. Fill the lined tin with the fruit and some pieces of bread, saving enough bread to cover the top. Make a lid of bread neatly fitted together, brush with the remains of the margarine, just oiled, and sprinkle with the last of the sugar. Bake in a slow oven for 40 minutes. Let the tin stand for 3 to 4 minutes to cool, then carefully turn the charlotte out on to a dish.

Serve hot or cold with custard.

VICTORY SPONGE

Ingredients

4 ozs. of grated raw potato
4 ozs. of breadcrumbs
2 ozs. of flour
½ teaspoonful of baking powder
2 ozs. of sugar
½ teaspoonful of vanilla flavouring
3 tablespoonfuls of jam

Method.—Mix together the flour, baking powder, crumbs, potato and sugar. Stir in the flavouring. Heat the pudding basin, grease it with a little lard, then put in the jam. Run the jam round the sides and bottom, then put in the pudding mixture. Cover with a greased paper or an inverted saucer and steam for 1½ hours.

Note that this pudding has no fat. The potato makes it unnecessary.

WEST RIDING PUDDING

Ingredients **Regulo Setting Mark 6**

½ lb. of potato short crust No. 1
2 tablespoonfuls of jam
1½ ozs. of margarine
2 ozs. of sugar
1 reconstituted egg
3 ozs. of flour
½ teaspoonful of baking powder

Method.—Roll the crust thinly and line a tart-tin with it. Spread with jam.

Cream together the fat and sugar until very light. Beat in the egg and fold in the flour and baking powder, using a tablespoonful or so of milk to make a creamy mixture. Spread it evenly in the lined tin over the jam and bake in a moderately hot oven for 30 minutes. ⅛ teaspoonful of almond flavouring can be added to the pudding mixture if desired.

BASIC RECIPE FOR YORKSHIRE PUDDING

Ingredients **Regulo Setting Mark 7**

4 ozs. of flour
2 level tablespoonfuls of Household milk powder
1 level tablespoonful of dried egg
½ pt. of cold water
½ teaspoonful of salt
Dripping

Method.—An hour before the pudding is to be cooked mix together the flour, salt, and milk powder. Mix to a smooth batter with the water, and let it stand. Just before cooking mix the dried egg with 2 tablespoonfuls of cold water and stir it into the batter. Beat up or whisk well. Put the dripping into the pudding tin, make it sizzling hot and pour in the batter. Bake for 30 minutes in a hot oven.

Serve as soon as possible after taking the pudding from the oven.

POTATO YORKSHIRE PUDDING

Ingredients **Regulo Setting Mark 7**

1½ ozs. of cooked well mashed potato
3 ozs of flour
½ pint of milk
1 level tablespoonful of dried egg
Salt
Dripping

Method.—Mix the flour, dried egg and salt together. Stir the mashed potato into the milk and gradually beat it into the dry ingredients until a smooth batter is made. Melt a small piece of dripping in a Yorkshire pudding tin, make it very hot, pour in the batter and bake in a hot oven for 30-35 minutes.

SECTION II

EGG DISHES AND CUSTARDS

DRIED EGG AND HOUSEHOLD MILK POWDER

There are a number of recipes in which it is not strictly necessary to mix either of the powders with water before using them. Batter puddings, pancake mixtures, sauces, custards, cakes and puddings may all have the milk and the egg added to the other ingredients in powder form.

For Example: When making a cake in which 2 eggs and ¼ pint of milk are among the ingredients, add to the flour 2 level tablespoonfuls of dried egg, and 1 level tablespoonful of Household milk powder. To mix the dry ingredients use ¼ pint of water and, if necessary, 4 tablespoonfuls more to replace the liquid in the egg.

In making a pancake mixture, thoroughly mix together the flour, necessary quantity of dried egg and milk powder and the required quantity of cold water.

To Make a Boiled Custard with Custard Powder

Mix the custard powder with 4 level tablespoonfuls of Household milk powder and the required quantity of sugar.

Add enough cold water from a pint to make a smooth paste. Boil up the rest of the pint of water, and pour it into the milk and custard powder. Stir well and return all to the double-pan or saucepan and stir until the custard thickens.

To Make a Boiled Custard with Dried Egg

When a boiled egg custard is made use the required quantity of dried egg (i.e., 3 level tablespoonfuls of dried egg to just under a pint of water) and proceed as for the custard powder custard.

To Make a Baked Custard with Dried Egg and Household Milk Powder

Regulo Setting Mark 4

Mix together 4 level tablespoonfuls of Household milk powder and 3 level tablespoonfuls of dried egg with 1 tablespoonful of sugar. Gradually stir in a pint of water, beat thoroughly with a fork, pour into a piedish and stand the piedish in a shallow tin of water. Bake in a moderate oven for 1 hour. Once or twice stir the ingredients before the custard begins to set. If liked, sprinkle the top with grated nutmeg after the last stir.

CREAMED EGG AND CARROTS

Ingredients

1½ lbs. of carrots
½ pt. of parsley sauce
4 reconstituted eggs
½ small teacupful of milk
Walnut sized piece of margarine
1 tablespoonful of grated cheese
Salt and pepper

Method.—Slice the carrots very thinly and cook them in a little slightly salted water until tender. Drain. Warm the milk and the margarine in a small saucepan, stir in the mixed egg, season with salt and pepper and cook until just firm. Turn out the egg at once on a plate, and when it is cold cut it into dice.

Make the parsley sauce, pour a little into a shallow dish, put in the sliced carrots and the diced egg. Cover with the rest of the sauce, sprinkle the top with the cheese, and brown under the grill for 3-4 minutes.

EGG CHAMP

Ingredients

1 lb. of potatoes
Household or fresh milk
4 reconstituted eggs
½ oz. of margarine or cooking fat
Salt and pepper
½ lb. of cooked and diced vegetables in season (Green peas are particularly good in this dish)

Method.—Cook and mash the potatoes to a creamy consistency, using milk or milk and potato water for the purpose. Mix with the vegetables and season well.

Scramble the eggs with the margarine and about 6 tablespoonfuls of milk, seasoned with salt and pepper. When the egg mixture is just set and creamy pile it on the vegetables and serve at once. Be sure the egg does not cook until hard and stiff, or the dish will be quite spoiled.

CREAMY BOILED CUSTARD

Ingredients

2 level tablespoonfuls of dried egg
2 level tablespoonfuls of flour
Flavouring
1 oz. of sugar
1 pint of milk or milk and water

Method.—Mix the dried egg, flour and sugar to a smooth paste with a little of the liquid, and bring the rest of the liquid to the boil. Pour it on the creamy mixture, stir well, return to the pan and boil for 3 minutes, stirring all the time. Add flavouring.

NOTE: If Household milk is used, mix 4 level tablespoonfuls of dried milk powder with the egg, flour and sugar, and use 1 pint of water instead of milk.

FARMHOUSE SCRAMBLE

Ingredients

1 lb. of cooked mixed vegetables
2 rashers of bacon, or some scraps of fat bacon
3 reconstituted eggs
4 tablespoonfuls of milk
½ oz. of margarine

Method.—Cut the rashers into matchstick strips, or chop the bacon scraps. Put them into the pan with the margarine and grill or fry until done. Add the cooked vegetables chopped moderately small. Mix the reconstituted egg with the milk. Beat well. Season with pepper and salt. Put the pan with the bacon and vegetables on a low heat and pour in the egg mixture. Stir gently until the egg is just firm and set. Serve while very hot the moment it is ready.

The scramble is particularly good made with green peas and diced tomato or mushrooms when in season.

IRISH OMELETTE

Ingredients **Regulo Setting Mark 7**

1 lb. of cooked potatoes
2 rashers of bacon
4 reconstituted eggs
¼ pt. of milk
1 tablespoonful of chopped parsley

Method.—Chop the bacon and grill it lightly.

Mix the reconstituted egg with the milk. Season with salt and pepper, and whisk or beat well with a fork. Dice the cooked potatoes and mix them with the cooked bacon and any fat left in the pan and the parsley. Put the potato, bacon and parsley into a greased pie-dish, pour the egg mixture over, and bake in a hot oven for 15 minutes.

MACARONI AND EGG CHEESE

Ingredients **Regulo Setting Mark 3**

¼ lb. of cut macaroni
3 ozs. of grated cheese
1 large breakfastcupful of diced cooked potato
2 dried eggs
½ pt. of milk.
Salt and pepper

Method.—Drop the macaroni into boiling salted water and cook quickly for 10 minutes to give it a good start. Strain off and put it into a greased pie-dish with most of the cheese sprinkled among it. Put the diced potato on top. Mix the egg and milk together and whisk up thoroughly. Season it with pepper and salt. Pour it into the dish with the macaroni, etc. Sprinkle the rest of the cheese on top and bake in a moderate oven for about 25 minutes, until the egg custard is set.

SAVOURY MACARONI WITH SHREDDED EGG

Ingredients

¼ lb. of cut macaroni
¼ lb. of cooked liver, kidney or minced meat
3 reconstituted eggs
1 teaspoonful of meat extract or 2 meat cubes
½ oz. of margarine
Chopped parsley
Salt and pepper

Method.—Cook the macaroni in boiling water. Dish it up and drain it well. Heat part of the margarine in a little saucepan, put in the meat extract or cubes to dissolve in the fat. Mix and add about ½ teacupful of the macaroni liquor. Stir in the meat and cook very slowly over a low heat. Add the macaroni.

Whip the egg up well, season with pepper and salt, and pour into a pan in which a small piece of fat has been made very hot. Cook as for a flat omelette. When the omelette is done cut it into small strips and mix it with the savoury macaroni. Serve at once, sprinkled with the parsley.

SCOTCH WOODCOCK

Ingredients

4 reconstituted eggs
8 tablespoonfuls of milk
1 oz. of margarine
Salt and pepper
1½ lbs. of mashed potato
6 sardines

Method.—Split the sardines in halves. Mould the mashed potato into four flat cakes, and arrange three strips of sardine on each. Put beneath the grill for 2-3 minutes.

To prepare the egg: Warm the milk and margarine in a small saucepan, pour in the reconstituted egg, and season it with pepper and salt.

As the mixture becomes firm and creamy, lift it with a spoon from the bottom of the saucepan. Divide the egg between the four portions of potato and sardine. Sprinkle with a little pepper and chopped parsley. Serve at once.

SECTION III

CAKES, BUNS, BISCUITS AND BREAD

BASIC CAKE OR PUDDING MIXTURE (with dried egg)

Ingredients — **Regulo Setting Mark 5**

1 reconstituted egg
4 ozs. of flour
½ teaspoonful of baking powder
2 ozs. of sugar
2 ozs. of fat
A little milk

Method.—Cream the fat and sugar very thoroughly. Beat in the egg. Fold in the flour already mixed with the baking powder. Use a little milk to make the dough a soft creamy consistency. Bake in a moderately hot oven for 25-30 minutes. To this foundation may be added dried fruit or any flavouring essence. This is only a small cake; the quantities may be doubled or trebled according to requirements.

The mixture may be put into a greased basin and steamed for one hour and served with jam or syrup.

AMERICAN MUFFINS

Ingredients — **Regulo Setting Mark 6**

6 ozs. of flour
1 heaped teaspoonful of baking powder
¼ teaspoonful of salt
1 reconstituted egg
1 oz. of sugar
2 tablespoonfuls of melted cooking fat or margarine
About ½ teacupful of milk for mixing

Method.—Mix the flour, salt, baking powder and sugar together. Next mix the egg, well beaten, the milk and the melted fat, and add to the dry ingredients. Mix to a soft dough, but do not beat or attempt to knead the mixture at all. Divide into greased patty tins and bake in a moderately hot oven for 25 minutes.

Split and serve with syrup or jam.

CHEESE BISCUITS

Ingredients — **Regulo Setting Mark 6**

8 ozs. of flour
1 teaspoonful of baking powder
1 teaspoonful of salt
2 ozs. of margarine or cooking fat
3 ozs. of grated cheese
A little water for mixing

Method.—Mix the flour, baking powder and salt together. Rub in the fat until it is very fine. Add the cheese, then use just enough cold water to make a stiff dough. Roll it out very thinly on a floured board. Cut into fingers, squares or rounds, and put them on a lightly greased baking tray. Bake in a moderately hot oven for 15 minutes.

The biscuits are still more savoury if half a teaspoonful of celery salt is added to the mixture.

CHEESE FINGERS

Ingredients **Regulo Setting Mark 6**

½ lb. of potato pastry No. 1
4 ozs. of grated cheese
2 tablespoonfuls of mashed potato
1 teaspoonful of meat or vegetable extract
Salt and pepper

Method.—Roll out the pastry and cut it into two equal pieces. Mix the mashed potato, cheese and savoury extract to a smooth cream. Season with a pinch of salt, but plenty of pepper (according to taste). Spread the mixture on one piece of paste and cover with the second. Seal round the edges. Brush the top with milk and mark into fingers with the back of a knife. Bake in a moderately hot oven for 25 minutes. When cool, cut into fingers.

CHOCOLATE PIN WHEELS

Ingredients **Regulo Setting Mark 4**

For the Pastry—

8 ozs. of flour
2 ozs. of margarine
1 teaspoonful of baking powder
Pinch of salt
A little milk for mixing

The Chocolate Mixture—

2 ozs. of margarine
1½ ozs. of sugar
1 dessertspoonful of cocoa
½ teaspoonful of vanilla

Method.—Put the flour, baking powder and salt into a bowl and mix. Rub in the fat and use just enough milk to mix to a stiff dough. Roll out the dough to an oblong shape.

To make the filling, cream the margarine and sugar together and stir in the cocoa and essence. Spread it on the pastry. Roll up as for a jam roll and cut into slices ¾ inch thick. Put the slices on a lightly greased baking tin and bake in a moderate oven for ½ hour.

CHOCOLATE TRUFFLES

Ingredients

½ lb. of haricot beans
4 tablespoonfuls of chocolate powder or cocoa
2 tablespoonfuls of sugar
2 level tablespoonfuls of Household milk powder
1 teaspoonful of vanilla essence or half a teaspoonful of vanilla and half of almond

Method.—Soak the beans for 24 hours. Simmer until they are tender, in unsalted water. Drain and put the beans in a warm oven to dry and become floury. Rub through a sieve, then mix the purée with the cocoa, milk powder and sugar. Beat with a wooden spoon or fork until the paste is smooth and creamy, then add the flavouring essences. If the mixture

appears too dry and powdery, use just a drop or two of liquid milk to get the desired creamy texture. Form into little balls and roll in chocolate or cocoa powder.

This truffle mixture also makes excellent fillings or toppings for sandwich cakes, or small fancy cakes.

DATE BUNS

Ingredients — **Regulo Setting Mark 6**

8 ozs. of flour
2 teaspoonfuls of baking powder
½ teaspoonful of salt
1 tablespoonful of sugar
2 tablespoonfuls of melted cooking fat or lard
3 ozs. of chopped dates (or figs)
A little milk, just warmed

Method.—Mix the flour, baking powder, salt and sugar together. Add the chopped fruit. Mix the melted fat with a few tablespoonfuls of warm milk and stir into the dry ingredient. Use more milk if necessary to make a soft dough. Press portions into greased patty tins and bake in a moderately hot oven for 25 minutes. Split, and serve with margarine.

DUTCH FAIRINGS

Ingredients — **Regulo Setting Mark 7**

½ lb. of flour
1 oz. of margarine
½ oz. of yeast
½ pint of warm milk
1½ ozs. of sugar
½ teaspoonful of powdered cinnamon.
Hot syrup

Method.—Mix the yeast with ½ teaspoonful of the sugar until the yeast is creamy. Mix the flour, the rest of the sugar and the cinnamon together. Warm the milk until it is just tepid, pour it into the flour, add the yeast and work all to a soft dough. Grease patty pans with margarine or cooking fat. Drop a spoonful of the mixture into each. Bake in a hot oven for about 20 minutes, then serve hot with hot syrup, hot jam or plain sugar.

EGGLESS CAKE

Ingredients — **Regulo Setting Mark 4**

8 ozs. of flour
3 ozs. of cooking fat
3 ozs. of sugar
2 or 3 ozs. of sultanas
½ teaspoonful of bicarbonate of soda
1 teacupful of cold tea

Method.—First cut all the sultanas into two and bring them to the boil in the tea. While the tea is cooling off, rub the fat into the flour until it is like fine crumbs. Put in the sugar. Stir the bicarbonate of soda into the tea and fruit and pour it immediately into the dry ingredients. Mix well, put into a greased cake tin and bake in a moderate oven for 1½ hours.

FARMHOUSE CAKE

Ingredients — **Regulo Setting Mark 3**

8 ozs. of self-raising flour
2 ozs. of sugar
4 ozs. of very dry mashed potato
2 ozs. of dripping
½ teaspoonful of mixed spice
½ teaspoonful of bicarbonate of soda
Small quantity of dried fruit
Milk and water for mixing

Method.—Rub the dripping into the flour, then rub in the dry mashed potato. See that the fat, flour and potato are thoroughly and finely crumbed. Add the sugar, spice and fruit. Stir the bicarbonate into ½ small teacupful of warm milk and water, use it to mix the dry ingredients to a soft dough. Put into a greased cake tin and bake in a moderate oven for 1¾ hours. The cake may be flavoured with ginger if preferred, or plain grated nutmeg.

Note: It is important that the potato be quite dry.

FRUIT SHORT CAKE

Ingredients — **Regulo Setting Mark 6**

8 ozs. of flour
1½ teaspoonfuls of baking powder
2 ozs. of cooking fat
1 oz. of sugar
Cold water for mixing
Stewed fruit drained of juice or jam
An extra teaspoonful of sugar

Method.—Rub the fat into the flour, add the baking powder and sugar. Use just enough cold water to make a stiff dough. Do not roll at all, but form into a round cake and press with floured knuckles into a greased tart tin or round sandwich tin. Bake in a moderately hot oven for 25 minutes.

Split and spread with the warmed fruit or jam. Put together again and sprinkle the top with sugar.

MOIST GINGER CAKE

Ingredients — **Regulo Setting Mark 2**

4 ozs. of grated raw carrot
3 or 4 ozs. of sugar
2 teaspoonfuls of ground ginger
10 ozs. of flour
1 teaspoonful of baking powder
2 ozs. of cooking fat
2 or 3 ozs. of chopped sultanas or dates
¼ pt. of warm milk
1 teaspoonful of bicarbonate of soda

Method.—Put the carrot, sugar and ginger in a saucepan and cook until the sugar is melted and the mixture soft and syrupy. Rub the fat into the flour and baking powder, add the fruit, then the carrot mixture. Dissolve the bicarbonate of soda in the warm milk and stir into the rest of the ingredients. Mix lightly but thoroughly to a soft dough. Put it into a greased ginger bread tin or shallow baking tin. Brush the top

with any drops of milk and bicarbonate left in the jug. Bake in a slow oven for 1½-2 hours.

A level tablespoonful of dried egg may be added to the flour if liked, but the cake is quite good without it.

HONEY OATMEAL BUNS

Ingredients **Regulo Setting Mark 5**

4 ozs. of flour
4 ozs. of fine oatmeal
1 teaspoonful of baking powder
2 ozs. of cooking fat
1 level tablespoonful of dried egg
2 tablespoonfuls of honey
1 level teaspoonful of ground ginger or ginger and cinnamon mixed
About ½ teacupful of warm milk

Method.—Rub the cooking fat into the flour, and mix with the oatmeal, baking powder and ginger. Stir the honey, warm milk and dried egg together and use it to moisten the dry ingredients. Mix to a soft dough, adding a little more warm milk if necessary. Drop small spoonfuls into greased patty tins. Put the tins on a baking tray and bake in a moderately hot oven for 20 minutes.

MARZIPAN

Ingredients

½ lb. of haricot beans
4 tablespoonfuls of sugar
2 tablespoonfuls of ground rice
1 teaspoonful of almond essence
1 tablespoonful of margarine

Method.—Soak the beans for 24 hours, then cook until tender in fresh, unsalted water. Put them on a tin in a warm oven to get dry and floury. Rub them through a sieve. Beat the sugar into the bean purée, add the ground rice, warmed margarine and finally the flavouring. Beat until quite smooth and well mixed.

Use for cake covering or sweet making. Any kind of flavouring and a few drops of colouring matter may be added.

OATCAKES

Ingredients **Regulo Setting Mark 4**

8 ozs. of fine oatmeal
2 ozs. of self-raising flour
½ teaspoonful of salt
1 oz. of cooking fat (melted)
A little hot water

Method.—Mix the flour, oatmeal and salt. Mix the melted fat with 8 tablespoonfuls of hot water, then stir it into the dry ingredients. Knead well, turn out on to a board well sprinkled with oatmeal. Roll out very thinly. Cut into rounds or triangles. Put on a greased baking tray and bake in a moderate oven for 30 minutes until crisp and dry. Store in a tin and the cakes will keep well for several weeks.

SWEET OATMEAL BISCUITS

Ingredients — **Regulo Setting Mark 4**

6 ozs. of coarse oatmeal
3 ozs. of flour
2 ozs. of cooking fat
2 ozs. of sugar
1 tablespoonful of golden syrup
½ teaspoonful of bicarbonate of soda
A pinch of ground ginger
2 or 3 tablespoonfuls of hot water

Method.—Cream the sugar and cooking fat together. Add the warmed syrup and ginger. Beat well. Dissolve the bicarbonate of soda in the hot water, stir it in, then mix in the flour and oatmeal stirred together. Knead all to a stiff dough, using the hands. Place small portions of equal size on a greased baking tin and bake in a moderate oven for about 20 minutes. Move quickly from the tin to a cooling wire rack and as the biscuits cool they will become nice and crisp.

POTATO BREAD

Regulo Setting Loaves Mark 6
Rolls Mark 7

Ingredients

3 lbs. of flour
1 lb. of cooked mashed potato
2 teaspoonfuls of salt
1½ ozs. of yeast
1 teaspoonful of sugar
Water for mixing, approximately 1¼ pints

Method.—Cream the yeast with the sugar. Mix together the flour and salt in a large warmed bowl. Make a hole in the centre and mix in the yeast with 3-4 tablespoonfuls of warm water. Leave for 15 minutes, then add the mashed potato and use enough warm water to make a fairly stiff dough. Knead until the dough leaves the hands and sides of the bowl cleanly without sticking. Cover the bowl with a cloth and put it into a warm place. Leave until the dough has well risen (about 1½ hours). Turn the risen dough on to a floured board, divide into portions, according to the size of loaf desired. Knead each portion again, put them into greased tins, and leave to rise again in a warm place. The loaves should be left until the dough rises almost to the tops of the tins. Bake in a moderately hot oven. Allow 1 hour for 2 lb. loaves, 40 minutes for 1 lb. loaves, and 20 minutes for rolls.

ROCK CAKES

Ingredients — **Regulo Setting Mark 6**

6 ozs. of self-raising flour
2 ozs. of dry mashed potato
2 ozs. of cooking fat.
2 ozs. of sugar
1 tablespoonful of dried egg
1 level tablespoonful of Household milk powder
1 oz. of dried fruit cut small
A pinch of salt and grated nutmeg to taste

(*Makes from* 10 *to* 12 *cakes*)

Method.—Rub the fat into the flour, add the sugar, salt, fruit, dried egg and nutmeg and mix well together. Beat the potato and milk powder into about ½ teacupful of water. Use it to mix the dry ingredients to a dough, adding a little more water if necessary. Pile in small heaps on a greased baking tin and bake in a moderately hot oven for 20 minutes.

SPICE CAKE

Ingredients — **Regulo Setting Mark 3**

10 ozs. of flour
3 ozs. of cooking fat or lard
2 ozs. of golden syrup
2 ozs. of sugar
4 ozs. of dried fruit (or less)
1 teacupful of water
1 teaspoonful of mixed spice
1 teaspoonful of bicarbonate of soda
1 tablespoonful of milk
1 saltspoonful of nutmeg

Method.—Put the fat, sugar, fruit and water into a saucepan and bring to the boil. Simmer very gently for 5 minutes, then turn into a large bowl and leave until tepid. Mix the flour and spices together and fold into the tepid mixture. Warm the syrup with 1 tablespoonful of milk, stir in the bicarbonate of soda, and as it froths pour at once into all the other ingredients. Turn into a greased cake tin and bake in a moderate oven for 1½-2 hours.

PLAIN SUGARLESS CAKE (for those who are unable to take sugar)

Ingredients — **Regulo Setting Mark 3**

3 ozs. of cooking fat
7 ozs. of self-raising flour, or 7 ozs. plain flour and ½ teaspoonful of baking powder
1 reconstituted egg
½ teacupful of milk
6 saccharine tablets

Method.—Rub the fat into the flour, or flour and baking powder, until as fine as crumbs. Beat the egg well with a fork, and stir it into the flour and fat. Dissolve the saccharine tablets in two tablespoonfuls of warm water. When cool add to the milk and use this liquid to mix all the dry ingredients to a creamy dough. Put into a well-greased cake tin and bake in a moderate oven for 50-60 minutes.

TEA SCONES

Ingredients — **Regulo Setting Mark 7**

1 lb. of boiled potatoes, cooked in slightly salted water
2 ozs. of margarine
1 level tablespoonful of dried egg
1 tablespoonful of sugar
1 teaspoonful of baking powder
Pinch of salt
Flour

Method.—Cook the potatoes until soft, then drain off the water, and let them dry off in the hot pan, then either sieve or mash them until they are perfectly smooth without any lumps. Put the potatoes into a warmed bowl, beat in the margarine, sugar, salt, baking powder and dried egg, and add enough flour to make a soft smooth dough. Knead well and roll out on a floured board. Cut into rounds or triangles and cook on a greased baking tin in a hot oven for 15 minutes. The scones may be rolled thinner and cooked in a greased stout frying pan, if it is more convenient than baking in the oven. Serve with margarine or syrup.

INEXPENSIVE VICTORIA SANDWICH

Ingredients

2 ozs. of margarine
2 ozs. of cooking fat
3 ozs. of sugar
2 level tablespoonfuls of dried egg
6 ozs. of flour

Regulo Setting Mark 5

½ teaspoonful of baking powder
½ teaspoonful of vanilla essence
A little milk
Jam

Method.—Cream the fats and the sugar together until pale and very fluffy. Whisk the egg well with 2 tablepoonfuls of water and the vanilla essence. Beat it well into the fat and sugar. Mix together the flour and baking powder and fold it lightly into the egg, fat and sugar. Stir in enough milk to make a creamy dough. Divide the dough in two greased sandwich tins. Bake in a moderately hot oven for 20-25 minutes. Cool and sandwich together with jam.

This cake makes very good custard trifle when a special pudding is wanted.

YEAST BUNS

Ingredients

1 lb. of flour
1 oz. of yeast
½ teaspoonful of salt
1 level tablespoonful of dried egg
2 ozs. of sugar

Regulo Setting Mark 6

2 ozs. of margarine or cooking fat
½ pt. of tepid milk
2 ozs. of chopped dried fruit, according to supply
1 tablespoonful of syrup

Method.—Sift the flour, salt and dried egg together, then rub in the fat. Add the fruit. Cream the yeast and the sugar, stir the tepid milk into it and pour into the flour, etc. Knead all to a smooth, firm dough. Cover the bowl with a warmed cloth and leave in a warm place for the dough to rise. Form into buns, 16 medium-sized ones or 20 small ones. Put them on slightly warmed, greased baking trays and leave again for 15 minutes in a warm place, then bake in a moderaly hot oven for 25-30 minutes. Immediately on taking them from the oven brush each one quickly with warmed syrup.

Spice or cinnamon may be added to the buns if liked.

SECTION IV

SWEET AND SAVOURY SPREADS

HOME MADE LEMON CURD

Ingredients

2 level tablespoonfuls of dried egg
2 tablespoonfuls of mashed potato
2 ozs. of margarine
2 to 3 ozs. of sugar
1 dessertspoonful of lemon substitute or lemonade crystals
1 teacupful of water

Method.—Put the water, sugar and margarine into a saucepan, and cook over a low heat until the mixture boils. Stir in the mashed potato and lemon flavouring. Continue to cook gently until all the ingredients are well blended. Take the saucepan from the heat and stir in the dried egg. Beat thoroughly, return once more to the heat and cook slowly, stirring all the time, until the mixture is smooth and creamy.

LENTIL SAVOURY SPREAD

Ingredients

½ pt. of lentils
2 ozs. of grated cheese
1 oz. of margarine or dripping
1 tablespoonful of finely chopped onion or leek
1 tablespoonful of gravy thickening
4 ozs. of smoothly mashed potato
A good dash of piquante sauce

Method.—Soak the lentils overnight. Cook them until tender with the onion flavouring, then either rub through a sieve or mash well with the back of a wooden spoon. Melt the margarine in a saucepan, stir in the gravy powder and the sauce, add the lentil purée and the mashed potato, and cook together for 2 to 3 minutes over a low heat. Take off the gas and beat until smooth and creamy.

Use for sandwiches or savoury splits, or roll the mixture into small balls and serve with salad and home made mayonnaise.

LIVER PASTE FOR SANDWICHES

Ingredients

½ lb. of liver
2 ozs. of margarine or melted bacon fat
A small piece of bayleaf
A pinch of powdered mace or grated nutmeg
Salt and pepper (black pepper if possible)

Method.—Cut the liver into strips and put it into slightly salted water with the piece of bayleaf. Bring it to the boil and take off every bit of scum. Cook gently for just 5 minutes, then allow the liver to cool off in the water. Cut away any gristle and take off any skin. Pound the meat or put it through a mincer several times. Warm the margarine or bacon fat and

beat it into the liver until a smooth paste is obtained. Season with the mace or nutmeg, salt and pepper.

This paste will keep for a week if pressed into small pots, and a thin layer of oiled margarine or other fat is run over the top. Store in a cool place.

PARSNIP CONSERVE

Ingredients

1½ lbs. of parsnip
½ lb. of sugar
Lemon substitute equivalent to the juice of 3 lemons
1 pt. of water
½ pt. of fruit juice, either from tinned or bottled fruit, or from fresh rhubarb

Method.—Wash and peel the parsnips, grate coarsely, take out any little woody strings. Put the grated parsnip into a bowl with the sugar, and leave for 24 hours. Turn out into a saucepan, pour in the water, the juice and the lemon substitute. Simmer gently for 30 minutes, then bring to the boil, and boil rapidly for 30 minutes, stirring frequently.

PARSNIP AND RHUBARB JAM

Ingredients

1 lb. of rhubarb
1 lb. of small parsnips
1 lb. of sugar
1 pt. of water
1 dessertspoonful of lemon substitute
½ teaspoonful of almond flavouring

Method.—Cut the rhubarb up small and put it into a bowl with half the sugar. Grate the parsnip coarsely and put it into another bowl with the rest of the sugar. Leave both for 24 hours. Put the parsnip mixture into a saucepan with the water, and cook slowly for 30 minutes. Stir frequently. Add the rhubarb and lemon substitute, and cook again slowly for 15 minutes, then bring all up to the boil. Boil briskly for 25-30 minutes and add the almond flavouring. This should be setting point. Pour the preserve into hot pots and cover at once. Vegetable jams only keep for a short time.

POTATO CREAM SANDWICH SPREAD

Ingredients

½ lb. of mashed potato
1 oz. of grated cheese
1 teaspoonful of chopped parsley
1 teaspoonful of savoury meat or vegetable extract
Salt and pepper
2 tablespoonfuls or more of milk

Method.—Dissolve the savoury extract in the milk, and beat it with the cheese into the potato. Beat until the mixture is light and creamy. Add the parsley, season well with pepper.

Other herbs may be used, or tomato purée, cooked beetroot purée, or anchovy essence to vary the spread, which is very useful for sandwiches or splits, since no fat is needed.

SECTION V

SOUPS AND DUMPLINGS

CABBAGE AND OATMEAL SOUP

Ingredients

1 medium-sized cabbage
1 small onion
2 or 3 bacon rinds
½ teacupful of medium oatmeal
1 oz. of margarine
1½ pts. of water
½ pt. of milk
Salt and pepper

Method.—Shred the cabbage and the onion finely. Melt the margarine and cook the vegetable in it for 5 minutes, very slowly, turning it and stirring it so that all the fat is absorbed. Pour in the water and boil up, then throw in the oatmeal. Put in the bacon rinds, and simmer for 30 minutes. Pour in the milk, season to taste and simmer again for 5 minutes. Take out the rinds.

This is a very thick soup (almost a stew). It may be made thinner by using a little less oatmeal.

CREAM OF PARSNIP SOUP

Ingredients

1 lb. of parsnips
2 level tablespoonfuls of Household milk
2 level tablespoonfuls of flour
Salt and pepper
The water in which the parsnips were cooked made up to 2½ pts.
A sprinkling of nutmeg
1 oz. of margarine

Method.—Cut the parsnips very small and cook in a little salted water until tender. Drain and mash very smoothly with the margarine, then beat into the puree the milk powder and the flour. Gradually stir in the hot liquor, return to the saucepan and cook very slowly over a low gas until the soup is thick, smooth and creamy. Season with pepper and nutmeg. Finely chopped watercress or chive, or a mixture of both may be sprinkled into the soup before serving for a change.

CREAM OF SWEDE SOUP

Ingredients

1½ lbs. of swedes
2 pts. of water
2 tablespoonfuls of flour
2 level tablespoonfuls of Household milk powder
1 teaspoonful of sugar
Salt and pepper
1 teacupful of finely chopped watercress

Method.—Chop the swede as finely as possible. Put it with the water, sugar, pepper and salt into a saucepan, and cook moderately fast for 30 minutes. Mix the flour and milk powder smoothly with 3-4 tablespoonfuls of cold water, then stir it into the swede soup. Bring to the boil, cook for 10 minutes, then stir in the watercress. Serve at once. If liked, a small knob of margarine may be stirred into the soup just before serving, to give richness.

LEEK SOUP

Ingredients

4 large leeks
2 ozs. of fine oatmeal
2 ozs. of dripping
Salt and pepper
2 pts. of water
½ pt. of milk

Method.—Cut up the leeks and wash them thoroughly. Shred the coarse green part very finely and put with a little salt into the pot with the 2 pints of water. Cook until the green is quite soft. Strain off the liquor and save it. Melt the dripping in the saucepan, slice the white part of the leek into it, season well with pepper and salt, and cook very slowly for 10 minutes. Stir in the oatmeal and blend it with the leek and fat. Add the liquid from the stewed leek green; boil up and cook until the oatmeal is done. Pour in the milk and boil up again for a minute or two.

LENTIL SOUP

Ingredients

1 pt. of lentils
2 or 3 sticks of celery if in season
1 onion or small leek
1 oz. of dripping
A pinch of sweet herbs or powdered sage
1 qt. of water
Salt and pepper

Method.—Soak the lentils for 12 hours. Cut the leek and celery into small pieces. Melt the dripping in the saucepan, and toss the cut vegetables and the soaked lentils in the fat. Cook gently for 3 or 4 minutes. taking care that the lentils do not stick. Add the water and the herbs, and bring quickly to the boil. Take off the scum, then simmer gently until the vegetables are tender. Strain and either mash with the back of a wooden spoon or put through the sieve. Return the purée to the liquid and season well with pepper and salt. Reheat before serving.

If a very thick soup is liked for winter, use more lentils to taste.

ECONOMICAL MIXED VEGETABLE SOUP

Ingredients

Outside cabbage leaves
2 or 3 potatoes
1 or 2 carrots
Outside lettuce leaves
Pea pods
Cauliflower stump
In fact any kind of left-over vegetable not good enough to serve as a vegetable

Method.—Wash everything well. Cut it all into small pieces or shreds. Put into a saucepan, and season with pepper and salt. Cover with water and simmer over a low heat until the vegetables are soft. Strain off and keep the liquid, mash the vegetables or put them through the sieve. Take out any pieces that refuse to soften. Return the purée to the liquid, boil up and stir in a small knob of margarine if it can be spared.

Crusts may be boiled with the vegetables to give a pleasantly thick and nourishing soup, rice or oatmeal can be added.

PEA SOUP

Ingredients

½ pt. of dried peas
2 or 3 outside sticks of celery in season
1 oz. of margarine or dripping
1½ pts. of water
2 tablespoonfuls of Household milk powder
1 teaspoonful of finely chopped fresh or dried mint.
Salt and pepper

Method.—Soak the peas for 12 hours, put them into fresh water with the celery cut into small pieces, salt and pepper. Cook until tender, rub through the sieve or mash very smoothly with the back of a wooden spoon. Put the purée back into the saucepan. Beat in the dried milk powder, and the dripping. Add the mint, and stir in the water in which the peas were cooked. If the soup is too thick for taste, stir in another cupful of boiling water.

POTATO SOUP

Ingredients

1 lb. of potatoes
2 level tablespoonfuls of Household milk powder
½ oz. of margarine or dripping
A pinch of dried sage
Salt and pepper
1½ pts. of water

Method.—Cut up the potatoes into small pieces and cook them in the water until soft. Drain off the water, but save it, mash the potatoes with the dripping or margarine, beat in the dried milk powder, and gradually stir in the water in which they were cooked. Add the sage, salt and pepper. Return all to the saucepan and bring up to the boil. Stir while cooking, as the soup easily burns. Boil for 3-4 minutes.

Serve with grated cheese.

POTATO SOUP (2)

Ingredients

1 large potato weighing about ½ lb.
1 leek or onion
Some outside celery sticks
½ oz. of margarine
A small piece of bayleaf
3 or 4 springs of parsley
Salt and pepper
1½ pts. of water

Method.—Chop the leek or onion, and the celery very small. Boil in the slightly salted water with the bayleaf and parsley until the vegetables are tender. Strain off the liquor, return it to the saucepan and grate the potato straight into it. Cook moderately fast for 20-25 minutes, stir in the margarine and season well with pepper.

This is a thick, rather substantial soup.

POTATO AND WATERCRESS SOUP

Ingredients

1 lb. of potatoes
1 bunch of watercress (about ¼ lb.)
Salt and Pepper
2 level tablespoonfuls of Household milk
1½ pts. of water

Method.—Scrub the potatoes and cut them into small pieces. Cook until tender. Drain and mash very smoothly or put them through a sieve. Beat the powdered milk into the purée, season well with salt and pepper and return it to the liquid in the pan. Stir well and cook gently until piping hot. Just before serving, put in the watercress, finely chopped. (Parsley or finely chopped celery leaves in season may be used instead of watercress.)

QUICK SOUP

Ingredients

1 level dessertspoonful of pea flour or fine oatmeal
4 level tablespoonfuls of Household milk powder
1½ pts. of vegetable stock
1 medium-sized raw potato
1 teaspoonful of meat or vegetable extract, or 2 meat cubes
Chopped parsley
Salt and pepper

Method.—Mix the pea flour and milk powder together smoothly with the stock. Put it into the saucepan and grate the raw potato into it. Add the savoury extract or meat cubes. Bring to the boil and stir until the soup is smooth and thick. Season to taste and, just before serving, scatter in the freshly chopped parsley.

SAVOURY THICK SOUP WITH DUMPLINGS

Ingredients

2 lbs. of mixed vegetables, chopped small
An onion or leek
2 ozs. of rice
1 teacupful or less of meat scraps of any kind, finely minced
1 tablespoonful each of dripping flour and gravy powder
½ teaspoonful of dry mustard
2 pts. of stock, vegetable boilings or water

Method.—Braise the vegetables in the tablespoonful of fat for 5 minutes, put in the rice, and stir in the stock. Simmer for 30 minutes. Mix the gravy powder, flour and mustard to a smooth cream with a little cold water, and stir into the soup. Bring to the boil. Add the meat.

Make dumplings to one of the following recipes. Drop into the boiling soup, replace the lid and cook for 8 to 10 minutes.

DUMPLINGS (1)

Ingredients—

4 ozs. of flour
2 ozs. of mashed potato
1 teaspoonful of baking powder
Pepper and salt

Method.—Mix together the flour, potato and baking powder, season with pepper and salt and knead to a smooth dough. Roll into small balls.

DUMPLINGS (2)

Ingredients

4 ozs. of flour
½ teaspoonful of baking powder
½ teaspoonful of salt
1 oz. of cooking fat or chopped suet

Method.—Mix the flour, baking powder and salt together, either mix in the suet or rub the fat in thoroughly. Moisten to a soft dough with cold water, and drop very small pieces of the dough into boiling salted water. Put on the saucepan lid and cook quickly for 7-10 minutes.

DUMPLINGS (3)

Ingredients

4 ozs. of flour
1 teaspoonful of baking powder
½ teaspoonful of salt

Method.—Mix all together to a soft dough with water, and cook as before.

Serve at once, as the dumplings without fat go heavy if kept cooking too long.

SECTION VI

FISH DISHES

BAKED HERRINGS

Ingredients **Regulo Setting Mark 5**

4-6 herrings
½ teaspoonful of margarine
Salt and pepper

Method.—Head, tail, and scale the fish. Clean them. Grease a pie-dish with the margarine. Put in the fish, heads to tails. Season with pepper and salt. Cover with margarine or lard paper. Bake in a moderately hot oven for 10 minutes, then take off the paper and leave for another 5 minutes to brown.

Serve with lemon substitute or mustard sauce.

To make a more elaborate dish, slit the herrings open, remove the back bones, mix the roes with finely minced onion, 2 tablespoonfuls of breadcrumbs, chopped parsley, 1 teaspoonful of oiled margarine, salt and pepper. Spread a portion of this stuffing inside each fish. Tie with cotton to keep together. Place the fish in a greased pie-dish, season with pepper. Cover with paper as before, but cook for 15 minutes before taking off the paper, then for 5 minutes to brown them.

Potatoes baked in their jackets go excellently with baked herrings.

BAKED POTATOES STUFFED WITH GURNET (OR OTHER FISH)

Ingredients **Regulo Setting Mark 7**

¾ lb. of gurnet or other small fish
4 large even-sized potatoes
4 tablespoonfuls of chopped parsley
1 small or spring onion
½ oz. of margarine
1 teaspoonful of lemon substitute
Salt and pepper

Method.—Bake the potatoes in the oven for 1 hour or boil them in their jackets. Cook and flake the fish. When the potatoes are done, split them in halves and scoop out the soft middles. Put the scooped-out potato into a bowl with the parsley, chopped onion, margarine and lemon substitute; season with pepper and salt, and mash well. Add the flaked fish and beat all together to make a soft cream.

Pile the mixture back into the potato shells. Mark with a fork.

Re-heat in the oven for 10 minutes, and serve with salad.

FISH CREAM

Ingredients

4 to 6 ozs. of cooked, flaked fish, or 1 small size tin of pink salmon
3 reconstiuted eggs
2 tablespoonfuls of milk
Salt and pepper
A walnut-sized piece of margarine
Mashed potato
Chopped parsley

Method.—Warm the milk and the margarine in a saucepan, season with pepper and salt. Pour in the egg and cook gently over a low heat. Just as it begins to thicken, put in the flaked fish. Cook until the egg is just firm. Pile portions on neatly shaped portions of smoothly mashed potato and sprinkle with chopped parsley.

FISH PASTE MADE WITH SALTED OR SMOKED FILLET OF COD

Ingredients

4 ozs. of prepared and cooked fish
2 ozs. of smoothly mashed potato
1 tablespoonful of Worcester sauce
1 oz. of margarine
Pinch of cayenne pepper or ordinary pepper
1 tablespoonful of anchovy or tomato flavoured sauce

Method.—If possible put the fish through the mincer several times, or otherwise beat it to a cream with the back of a wooden spoon. Mix with it the mashed potato and softened margarine. Beat again. Stir in the flavourings and seasonings. Pot in small pots, and if the paste is to be kept more than 2 days, run a little melted fat on the top.

SIMPLE FISH PIE

Ingredients **Regulo Setting Mark 6**

3 lbs. of cooked potatoes
1 lb. of cooked fish
½ lb. of cooked vegetables, in season, diced if large
¼ pt. of parsley sauce
2 ozs. of grated cheese
A little Household milk
Salt and pepper

Method.—Mash the potatoes smoothly with milk or milk mixed with some of the water in which the potatoes were cooked. Line a pie-dish with half the potato. Flake the fish and mix it with the vegatables and the sauce. Season well with pepper, adding more salt if necessary. Fill the pie-dish with the mixture. Cover with mashed potato and sprinkle the grated cheese over the top. Bake in a moderately hot oven for 30 minutes.

FISHERMAN'S PIE

Ingredients **Regulo Setting Mark 7**

8 ozs. of pink salmon
1 lb. of cooked mashed potato
1 lb. of cooked diced vegetables
½ pt. of white sauce
1 tablespoonful of vinegar
Salt and pepper

Method.—Put the fish and vegetables in layers in a greased pie-dish, seasoning well. Add the vinegar to the white sauce and pour it into the dish. Cover with mashed potato. Bake in a hot oven for 20 minutes until the potato is browned.

GRILLED HERRINGS

Ingredients

4 to 6 herrings
1 dessertspoonful of margarine
Salt and pepper
Parsley

Method.—Scale, clean, head and tail the fish. In each make three deep cuts to, but not through, the bone, on either side of the fish. Warm the margarine and brush each fish with a little. Grill quickly under a hot grill, turning carefully from side to side. Dust each fish lightly with pepper and salt and serve with parsley.

The accompaniment may be varied. Grilled tomatoes, mustard sauce, parsnips, parboiled and grilled with the fish, or lemon substitute are all very good.

HERRINGS FRIED IN OATMEAL

Ingredients

4 medium-sized fish
2 ozs. of fine oatmeal
½ teaspoonful of salt
1 teaspoonful of lemon substitute
1 tablespoonful of dripping

Method.—Clean the herrings and remove heads, tails and fins. Wipe with a damp cloth. Mix the oatmeal and salt together and coat each herring in the dry mixture. Heat the fat and put the fish into it. Fry for 5 minutes. With a slice carefully turn the fish and cook for 5 more minutes on the other side.

Serve on very hot plates with the lemon substitute diluted to lemon juice strength, according to directions on the packet or bottle.

LING WITH BACON

Ingredients **Regulo Setting Mark 5**

1½ lbs. of filleted ling
4 rashers of bacon
Forcemeat balls
Seasoning

Forcemeat Balls

4 ozs. of mashed potatoes
2 ozs. of breadcrumbs
½ teaspoonful of thyme, marjoram or mixed herbs
1 tablespoonful of melted dripping
1 reconstituted egg
Salt and pepper

Method.—Mix the potato, crumbs, herbs and seasoning, then add the melted dripping and the egg. Mix to a smooth paste, then roll into small balls. Cut the fish into portions, season well. Put in with the forcemeat balls into a greased baking tin. Cover with the bacon. Bake in a moderately hot oven until the fish is done and the bacon crisp.

MACARONI WITH FISH

Ingredients **Regulo Setting Mark 4**

1 lb. of any kind of white fish
1 teacupful of cut macaroni
2 level tablespoonfuls of dried egg
3 ozs. of grated cheese
3 ozs. of breadcrumbs
2 tablespoonfuls of chopped parsley
2 tablespoonfuls of Household milk powder
Salt and pepper

Method.—Bring the fish to the boil in salted water, cook for 5 minutes, then dish up and drain well. Throw the macaroni into the boiling fish liquor and boil briskly for 15 minutes. Drain. Put some of the fish and the macaroni into a shallow fireproof dish, with half the crumbs and cheese and all the parsley scattered among it. Mix together the dried egg and the milk powder, work it very smooth with about 6 tablespoonfuls of cold water, then add ½ pint of the fish-macaroni liquid, stirring all the time. Season with pepper and salt. Pour into the dish. Cover top with the remains of the fish and crumbs, and bake in a moderate oven for 30 minutes.

MUSSEL STEW

Ingredients

1 qt. of mussels
1 clove
Lemon substitute equivalent to the juice of 1 lemon
A little chopped onion or leek
2 or 3 sprigs of parsley and a sage leaf
1 oz. of flour
1 oz. of margarine
Salt and pepper

Method.—Wash the mussels very thoroughly. Put them into a stout pan with half a pint of water, the onion, and other seasonings. Put on the lid and cook over a brisk heat until

the shells open. Shake the pot as the cooking proceeds. Take the fish from the shells, bearding and removing the black tongue. Catch all the liquid carefully. Put the mussels aside to keep hot.

Strain the liquid from the pot carefully through muslin to prevent gritty particles getting into the sauce. Make the liquid up to 1 pint with vegetable stock. (Cider is the liquor usually used, but is not generally obtainable now.)

Make a smooth sauce with the liquor, margarine and flour.

Drop the fish back into the hot sauce, simmer for 2 to 3 minutes and serve at once.

MUSSELS À LA PROVENÇALE

Ingredients — **Regulo Setting Mark 4**

1 qt. of mussels
1 breakfastcupful of breadcrumbs
1 finely chopped onion, shallot or white part of a leek
1 tablespoonful of parsley finely chopped
2 tablespoonfuls of margarine
½ teaspoonful of mixed herbs
Salt and pepper

Method.—Mix the crumbs, onion, herbs and seasoning together and toss in melted margarine. Put half the mixture in a flat fireproof dish. Wash the mussels very thoroughly, then put them in a pan over a flame to open them. As each mussel opens, take out the fish and put it on the bed of prepared savoury crumbs. When all are shelled and arranged in the dish, cover with the rest of the crumbs and bake in a moderate oven for 15-20 minutes. A few chopped cooked mushrooms or mushroom stalks added to the crumbs greatly improves the dish.

PILCHARD PIE

Ingredients — **Regulo Setting Mark 7**

1½ lbs. of potatoes
1 tin of pilchards
A little grated nutmeg
1 oz. of margarine
Salt and pepper

Parsley sauce made with—

2 level tablespoonfuls of Household milk powder
½ oz. of flour
½ oz. of margarine
½ pt. of hot water
3 tablespoonfuls of finely chopped parsley
Pepper

Method.—Cook the potatoes, mash smoothly with half of the first ounce of margarine, the nutmeg, salt and pepper. Put a layer of potatoes in a greased pie-dish, then a layer of pilchards split in halves and moistened with some of the liquid from the tin. Continue to fill the dish with potato and fish, with potato for the top. Brush with the rest of the margarine, first melted. Bake in a hot oven for 20 minutes until the potato is golden brown.

Serve with the parsley sauce. If preferred, the sauce may be flavoured with mustard and a tablespoonful of vinegar.

PLAIN BOILED FISH

Ingredients

1 lb. of white fish, in cutlets or in one piece.
Salt and pepper
2 or 3 sprigs of parsley
2 or 3 drops of vinegar

Method.—Put the parsley, vinegar and seasoning into enough water to cover the fish, and heat it until it is moderately hot but not boiling. Put in the fish, allow it to come to the boil, remove the thick white scum, which is sure to rise. Lower the gas and simmer the fish gently for 10 minutes.

Dish up and serve with well-mashed potatoes and, if liked, parsley sauce. Otherwise, put a small piece of margarine on each portion of fish or serve tomato sauce or purée.

POTATO AND FISH CAKES

For Breakfast or Supper

Ingredients **Regulo Setting Mark 5**

1 small tin of pink salmon, pilchards or herrings
1 lb. of potatoes
1 teacupful of stale crumbs
2 tablespoonfuls of tomato or thick piquant sauce
2 tablespoonfuls of flour
4 tablespoonfuls of milk
A small nut of margarine

Method.—Cook the potatoes and while they are still hot mash very smoothly with the piece of margarine. Take the fish from the tin, remove the bones and any dark skin, mash it with any liquor or oil from the tin. Mix it with the potato, half the crumbs and sauce. Form the mixture into small balls and press them flat with the blade of a knife. Make a smooth paste of the flour and milk, pour it on a plate and dip each cake first in the flour cream and then in the rest of the crumbs. Place the prepared cakes on a greased baking tin and bake in a moderately hot oven for 30 minutes.

For breakfast, when, of course, the cakes are prepared the day before, serve plain with dry toast made with any stale ends of bread. For supper, serve with a dish of haricot beans and parsley sauce and/or a green vegetable. They are also very good cold, with a mixed salad.

ROCK SALMON AND APPLE

Ingredients **Regulo Setting Mark 5**

1½ lbs. of rock salmon
½ lb. of cooking apples
1 lb. of parboiled potatoes
½ pt. of white sauce
1 teaspoonful of vinegar
½ teaspoonful of mixed spice
Salt and pepper
2 tablespoonfuls of browned breadcrumbs

Method.—Cut the fish into 1½ inch thick slices. Peel the apples, slice them and the potatoes. Put the fish, apple and potato into a fireproof dish, finishing with a layer of potatoes.

Mix the vinegar, spice and seasoning with the white sauce. Pour it into the dish. Scatter the crumbs over the top and bake in a moderately hot oven for 30 minutes.

SAITH HOT POT

Ingredients **Regulo Setting Mark 4**

2 lbs. of saith
2 lbs of potatoes
½ lb. of carrots and swedes
1 onion
½ oz. of margarine
Milk
Salt, pepper and nutmeg

Method.—Cut the saith into pieces. Slice and parboil the vegetables. Put the fish and vegetables in layers in a fireproof dish and season well. Pour in enough Household milk almost to cover the ingredients. Dot with pieces of margarine and bake for 45 minutes in a moderate oven.

SALMON ENVELOPE

Regulo Setting Mark 6
Time 30 Minutes

Ingredients

For Pastry

½ lb. of potato pastry No. 1
2 tablespoonfuls of chopped parsley

For Filling

1 breakfastcupful of cooked vegetables, including some cauliflower
1 small tin of pink salmon
½ teacupful of thick white sauce

Method.—When preparing the pastry, add the parsley to the flour. Roll out thinly in one neat oblong. Mix the vegetables and sauce together. Spread them evenly on one half of the pastry. Cover with flaked fish well seasoned with pepper. Fold the pastry over and seal securely all round the edges. Brush with milk and bake in a moderately hot oven for 30 minutes. Serve hot or cold, cut in fingers.

SALMON FISH CAKES

Ingredients

8 ozs. of tinned pink salmon
1 lb. of cooked and mashed potato
1 tablespoonful of vinegar
1 tablespoonful of chopped parsley
1 reconstituted egg
Salt and pepper

Method.—Mash the fish and mix it with all the other ingredients. Divide it into eight equal portions and form into flat cakes. Coat them with breadcrumbs or flour, and fry on both sides in very hot shallow fat.

Dish up and surround with large tufts of watercress. Serve with a few drops of lemon substitute diluted to lemon juice strength according to instructions on the bottle or packet.

SAVOURY FISH FLAN

Ingredients **Regulo Setting Mark 6**

For Pastry

½ lb. of potato pastry No. 1, with 1 oz. of grated cheese worked into the mixture

For Filling

1 lb. of catfish (or other white fish)
½ pt. of Household or fresh milk
2 ozs. of flour
2 ozs. of grated cheese
4 tablespoonfuls of chopped parsley

Method.—Having made the pastry, line a flan tin or sandwich tin, prick all over, and bake in a moderately hot oven for 25 minutes.

Cook and flake the fish. Boil the milk, and pour it on to the flour previously mixed smoothly with a tablespoonful or so of cold water. Return milk and flour mixture to the pan, season well and cook slowly over a low heat until the sauce thickens. Stir into it 1 oz. of grated cheese, the flaked fish and the parsley. Pour it all into the flan case, sprinkle with the remainder of the cheese and either put beneath the grill for a minute or two to brown the top, or put it into the oven until the top is golden brown.

SCOTCH KEDGEREE

Ingredients **Regulo Setting Mark 5**

1 lb. of cooked gurnet, catfish or any other available fish
3 ozs. of coarse oatmeal
1 pt. of water
Salt
½ teaspoonful of herbs
1 teaspoonful of chopped onion
1 carrot grated
Chopped parsley
2 ozs. of cheese

Method.—Make the porridge with the oatmeal, water and salt. Mix together the fish, grated carrot and seasonings and flavourings. Put into a greased pie-dish, sprinkle with cheese and parsley. Cook in a moderately hot oven for 20 minutes.

When rice is plentiful it may be used instead of the oatmeal. Use 4 ozs. for this quantity of fish.

SOUSED HERRINGS

Ingredients **Regulo Setting Mark 2**

4 to 6 herrings
½ tablespoonful of mixed pickling spice, or peppercorns and a small piece of bayleaf
1 onion
1 level tablespoonful of salt
1 teacupful of vinegar
1 teacupful of water

Method.—Head and tail the fish and clean them. They may be boned or left whole, according to taste. Lay them in an old pie-dish, with the spices and onion rings between them. Season with the salt and pour over them the vinegar and water. Bake in a slow oven for 1½ hours and leave to cool off in the oven.

NOTE.—Mackerel and sprats are very good cooked in this manner.

VENETIAN SALMON

Ingredients

1-8 oz. tin of pink salmon
1 lb. of potatoes
1 oz. of cooking fat
The white part of a small leek
Salt and pepper

Method.—Boil the potatoes in the skins until they are tender. When cool enough, peel them and cut them into very thin slices. Melt the fat in a large frying-pan and cook the thinly sliced leek. Put in the sliced potatoes and the fish flaked and freed from bone. Pour in the liquid from the tin. Turn carefully in the pan in order not to make the mixture mashy. Put a plate or lid over the pan and cook over a low heat for 5 minutes.

Season with pepper, sprinkle with chopped parsley and serve at once with a salad of cress or finely shredded savoy heart.

SECTION VII

MINCED MEAT AND SAUSAGE MEAT DISHES

It is often necessary to eke out the rations during the week by using sausages or sausage meat.

There are several kinds: butchers' sausages of pork or beef, tinned sausage meat (of which the supply is no longer very large), and cooked sausage meat, to be bought by the pound.

Since it is very easy to tire of plain grilled sausages, or cold sliced sausages, use them as the basis of many a savoury dish.

AMERICAN HASH

Ingredients

1 breakfastcupful of cooked minced meat
1 tablespoonful of dripping
About 1 lb. of cold cooked potatoes
Salt and pepper

Method.—Chop the potatoes fairly small and mix with the minced meat. Season generously with pepper and salt. Heat the dripping in the frying-pan or a saucepan, put in the hash, and toss well in the fat. Stir, and, as the mixture heats, add from time to time a few drops of hot water. When the mixture is very hot and the potatoes slightly browned dish up and serve with pieces of crisped bread.

This is a substantial and easily prepared breakfast dish, but if the hash is served for luncheon or supper, a pinch of herbs or minced onion may be added.

When corned beef forms part of the ration it may be used in this way with excellent results.

CORNISH TOAD-IN-THE-HOLE

Ingredients **Regulo Setting Mark 7**

1½ lbs. of well-mashed potatoes
2 tablespoonfuls of melted dripping
4 ozs. of flour
2 reconstituted eggs
Salt and pepper
½ lb. of hot, cooked sausages (or steak)
Thinly sliced onion or tomato

Method.—Mix the potato, flour, seasoning and dripping together. Stir the egg into the dry ingredients, knead well and form the dough into two rounds of equal size and thickness.

On one round press the hot sausages, or the steak cut into fingers. Cover with thin slices of onion or tomato. Press the second layer of potato dough on top. Seal by pressing the edges firmly together all round. Brush the top with the drops of egg mixture left in the basin, mixed with a spoonful of milk. Put the Toad on a greased baking tin and bake it in a hot oven for 30 minutes.

HAMBURGERS

Ingredients

1 lb. of finely minced meat
4 ozs. of mashed potato
2 onions
1 tablespoonful of breadcrumbs
2 reconstituted eggs
Salt and pepper
Some dripping for cooking

(The mince may be fresh or minced cold meat. If fresh meat is used, a little longer cooking will be necessary.)

Method.—Chop one onion finely and mix it with the meat, potato, crumbs, and seasoning. Bind with the egg, form into flat cakes. Slice the second onion into thin rings, fry in dripping until brown, but not crisp. Dish up the onion rings, then cook the hamburgers in the savoury fat until brown on both sides.

Serve with a few fried onion rings on each. When apples or gooseberries are plentiful, apple or gooseberry sauce goes well with these savoury cakes.

HEARTY PUDDING

Ingredients

8 ozs. of flour
4 ozs. each of grated raw potato, carrot and minced meat or raw sausage meat
2 ozs. of cooking fat
½ teaspoonful of powdered sage
A small onion finely minced, or other onion flavouring, spring onions or leeks
2 or 3 tablespoonfuls of chopped parsley
Salt and pepper

Method.—Rub the fat into the flour, season with pepper and salt, then mix in all the other ingredients. The damp raw vegetables should provide enough moisture to make a soft dough, but if necessary use a spoonful or two of milk or vegetable stock.

Press the dough lightly into a greased pudding basin, cover with a margarine paper or inverted saucer. Steam for 1½ hours.

If preferred, the pudding may be rolled in a scalded and floured cloth and boiled or steamed for the same length of time.

Serve with plenty of thick gravy and green vegetables.

LENTIL MINCE

Ingredients

½ pt. of lentils
4 medium-sized carrots
¼ lb. of raw mince
¼ teaspoonful of thyme
2 or 3 spring, or 1 small onion
1 dessertspoonful of gravy powder
1½ pts. of water
Salt and pepper

Method.—Soak the lentils for 12 hours. Drain off the water and put them into the fresh 1½ pints of water, with grated carrot, the chopped onion, the mince, salt and pepper. Simmer gently for 35-40 minutes. Stir frequently, because lentils easily burn.

Stir in the gravy powder and thyme; boil up and cook for 5 minutes.

Dish up and serve with green vegetables and potatoes. (If cooked minced meat is used, add it to the savoury lentil mixture only 15 minutes before dishing up, in order that it may just get hot.)

MEAT MOULD

Ingredients **Regulo Setting Mark 4**

About 6 ozs. of cold minced meat of any kind
6 ozs. of grated raw carrot
2 ozs. of flour
4 ozs. of bread, soaked and squeezed as dry as possible.
2 tablespoonfuls of vinegar
1 teaspoonful of dry mustard
Salt and pepper
Coarse oatmeal for coating the tin.

Method.—Grease a 6-in. cake tin and scatter coarse oatmeal over the sides and bottom. Mix all the ingredients together and press into the tin. Bake for 40 minutes in a moderate oven. Turn out and leave to get cold. Serve with salad.

The mould may, of course, be eaten hot if preferred.

MEAT ROLL

Ingredients

1 lb. of fresh mince
1 rasher of bacon for flavour if possible
1 breakfastcupful of raw grated potato, with the liquid drained off
1 breakfastcupful of very stale breadcrumbs
1 level tablespoonful of dried egg
1 teaspoonful of meat or vegetable extract dissolved in 4 tablespoonfuls of water
1 tablespoonful of finely chopped leek or onion
Salt and pepper
A sprinkling of nutmeg or ground mace to taste

Method.—Chop the bacon finely. Put the bacon, mince, crumbs, grated potato, dried egg powder, and seasoning into a bowl, add the dissolved meat extract. Mix all together until a smooth soft paste is made. Form into a roll, put into a piece of greased paper or a scalded, floured cloth. Boil or steam for 1½ hours.

When cold enough to handle, take off the cloth or paper, and when almost cold, roll in crisped crumbs.

MINCE SLICES

Ingredients — **Regulo Setting Mark 4**

8 ozs. of fresh mince (or 4 ozs. of corned beef)
4 ozs. of breadcrumbs
4 ozs. of grated raw potato
1 small onion finely minced
1 tablespoonful of gravy powder
½ teaspoonful of mixed herbs or of one herb such as basil, thyme or marjoram
1 tablespoonful of flour
1 tablespoonful of piquant bottled sauce

Method.—Mix together the flour, gravy powder and sauce. Mix the meat, crumbs, onion, herb, and raw potato, season with salt and pepper and bind with the flour, gravy powder and sauce cream. Press the mixture firmly into a shallow greased tin and bake in a moderate oven for 30 minutes.

Serve hot with a green vegetable, and, if possible, onion sauce. The onion sauce may be made with any kind of onion, or the white part of a leek. When tomatoes are in season one or two, sliced and baked on top, are a great improvement.

The mince may be served cold, cut in fingers, with a mixed salad or with a special salad of runner beans, thinly sliced tomato and onion marinated in vinegar and pepper.

SAUSAGE HARICOT CASSEROLE

Ingredients — **Regulo Setting Mark 2**

1 lb. of sausages
½ lb. of haricot beans
1 tablespoonful of dripping
½ an onion or leek
½ bayleaf
Pinch of sage
1 teacupful of tomato purée or tinned or bottled tomato, or if in season 3 or 4 fresh tomatoes
1 teaspoonful of sugar

Method.—Soak the beans for 12 hours. Wash them, put half into a casserole, with some of the onion very thinly sliced and half the sage sprinkled between. Lay the sausages, well pricked, and the bayleaf on the seasoned beans, and cover with the rest of the beans, etc. Mix the tomato purée with the sugar and 2 breakfast cupfuls of boiling water. Cover the casserole, put into a slow oven and cook for 2½ hours. Add a little more water if necessary. This is a dish that can be left to cook while the housewife is working or out shopping.

SAUSAGE PANCAKE ROLLS

Ingredients

For Pancake Mixture

4 ozs. of flour
2 level tablespoonfuls of dried egg
2 level tablespoonfuls of Household milk powder
½ pt. of water
1 oz. of melted margarine
½ teaspoonful of salt
Cooking fat for frying

For Filling

½ lb. of sausage meat rolled into fingers and cooked
A little tomato sauce or purée
½ lb. of cabbage cooked and chopped small

Method.—Mix the flour, dried egg and milk powder and the salt together, add the water, stir to a smooth batter, then stir in the melted margarine. Melt a small piece of cooking fat in a perfectly clean frying-pan, make it smoking hot, pour in enough batter to cover the pan thinly.

When it is cooked on the bottom, quickly spread with cabbage, put a roll of sausage meat in the centre and roll up. Take up on a hot dish. When all the pancakes are done (this quantity of ingredients should make six) pour over them the hot tomato sauce or puree. Serve quickly.

SAUSAGE PUDDING

Ingredients

½ lb. of sausage meat
4 ozs. of flour
2 breakfastcupfuls of cooked diced mixed vegetables
1 large raw potato
1 tablespoonful of gravy powder
1 tablespoonful of dripping
½ teaspoonful of powdered sage

Method.—Rub the dripping into the flour, then mix it well with the sausage meat and vegetables. Grate the raw potato, mix with it the gravy powder and sage, season with salt and pepper and stir into the rest of the ingredients. Put the whole into a well-greased pudding basin, cover with a margarine paper and steam for 1½ hours.

Serve with mashed swedes and parsley sauce.

SAUSAGE ROLL

Ingredients **Regulo Setting Mark 7**

For Pastry

¾ lb. of short potato crust No. 2

For Filling

1 lb. of pork sausage meat
4 ozs. of finely mashed carrot or swede
Pepper
1 tablespoonful of minced leek or onion
½ teaspoonful of sage

Method.—Mix all the ingredients together, using a tablespoon or so of the water in which the carrots were cooked to moisten. Roll the dough to ½ inch thickness, in an oblong shape. Spread with the savoury mixture and roll up like a swiss roll. Put it into a baking tin lightly greased and brush it all over with milk. Bake in a hot oven for 30-35 minutes.

If one of the tinned American sausage meats or chopped hams is available, use 8 oz. only, and add 4 oz. of crisped breadcrumbs.

The pastry could also be made with some of the fat usually found in the tin round the meat.

SAUSAGES WITH PARSLEY SAUCE

Ingredients

1 lb. of sausage meat
2 leeks
1 tablespoonful of flour
2 lbs. of potatoes
½ teacupful of chopped parsley
1 level tablespoonful of Household milk

Method.—Thoroughly wash the leeks and cut them into pieces. Cook them in salted water with the potatoes, then mash the two together smoothly and put aside to keep hot.

Form the sausage meat into small balls, drop them into the leek and potato water, brought to the boil again. Cook for 10 to 15 minutes, then skim them out of the water.

Mix together the milk powder and flour, and make a smooth paste with two or three tablespoonfuls of cold water. Stir the paste into about ¾ pint of the potato-sausage liquor, bring to the boil and stir until the sauce is thick and smooth. Stir in the parsley, put back the sausage balls and serve with the potato and leek purée.

STUFFED BATTER

Ingredients — **Regulo Setting Mark 7**

For Batter

4 ozs. of flour
1 level tablespoonful of dried egg
Pinch of salt
2 level tablespoonfuls of Household milk powder
½ pt. of water

For Filling

Any small scraps of cold meat, chopped small or minced
2 tablespoonfuls of dripping
Salt and pepper
Sliced cold potato, cold cauliflower, peas, sliced tomato, or any vegetable in season left over from the last cooking

Method.—Mix the dry batter ingredients well together, then stir in the water to make a smooth batter. Make the dripping very hot in the tin. Drop in the mince and vegetables, season with pepper and salt. Pour the batter over them and put into a hot oven. Bake for 30 minutes.

Serve at once with freshly cooked vegetable

SECTION VIII

SAVOURY DISHES WITH OFFAL OR TINNED MEAT

BRAISED CABBAGE AND BLACK PUDDING

Ingredients

1 cabbage weighing about 2 lbs.
1 small onion or spring onions according to season
½ lb. of black pudding
2 ozs. of dripping
Pinch of nutmeg
1 tablespoonful of gravy thickening
Salt and pepper

Method.—Wash and finely shred the cabbage, and slice the onion. Boil together quickly in enough water to cover, for 10 minutes. Drain well and save the water.

Melt the dripping in a saucepan. Put in the drained vegetables and toss well in the hot fat. Add the black pudding skinned and thinly sliced. Season with salt, pepper and the nutmeg. Put on the lid and cook over a low heat for 10 minutes.

Thicken the vegetable boiling with the gravy powder. Pour into the pot, just bring to the boil and serve at once.

BRAISED TRIPE

Ingredients

2 lbs. of dressed tripe
2 heads of celery in season
1 lb. of carrots
1 turnip
2 ozs. of dripping
1 heaped tablespoonful of gravy powder
¼ teaspoonful of powdered sage
Salt and pepper
1½ pts. of stock or vegetable boilings

Method.—Slice the vegetables. Put the dripping into a saucepan and make it very hot. Put in the vegetables and the sage, cover with the lid and cook over a low heat for 10 minutes. Lay the tripe, cut into 2-inch squares, on the vegetables.

Mix the stock with the gravy powder and pour it into the saucepan. Simmer for 45-60 minutes.

CORNED BEEF PIE

Ingredients

½ lb. of potato crust No. 1
6 to 8 ozs. of corned beef
1 lb. of diced cooked vegetables in season

Regulo Setting Mark 7

2 tablespoonfuls of finely chopped parsley
¼ pt. of water or vegetable stock
1 level tablespoonful of flour
Salt and pepper

Method.—Season the flour with the salt and pepper. Cut up the meat into squares and roll it in the flour. Put it with the

vegetables into a pie dish, pour in the water and cover with the crust.

Make a hole in the centre. Brush the top with milk, and bake in a hot oven for 30 minutes.

FAGGOT PIE

Ingredients — **Regulo Setting Mark 5**

½ lb. of liver
2 rashers of bacon or about 2 ozs. of fat bacon pieces
1 breakfastcupful of mashed potato
1 breakfastcupful of bread pieces
1 onion or several spring onions or half a leek
1 level tablespoonful of dried egg
½ teaspoonful of powdered sage
Salt and pepper

Method.—Soak the bread in cold water, squeeze and beat until smooth. Bring the liver to the boil in a very little salted water. Drain at once and mince finely with the bacon or bacon pieces, and the onion flavouring. Add the potato, bread, seasoning, herbs and the dried egg. Mix all together well; press the mixture into a well-greased shallow baking tin or a pie-dish and bake in a moderately hot oven for 30 minutes.

Serve hot with gravy and vegetables, or cold with salad.

(This dish is very good for packed lunches, accompanied by salad or celery in season.)

HASTY PIES

Ingredients — **Regulo Setting Mark 6**

½ lb. of potato pastry No. 1
Slices of meat roll or galantine
Cooked vegetables mashed in thick, well-seasoned gravy

Method.—Cut the pastry into small rounds. Place on half the rounds a slice of galantine, spread with a little of the vegetable mixture. Season with pepper and salt; cover with a second layer of pastry. Crimp the two pastry edges well together, make a little hole in the top of each pie, brush with milk, if possible, and bake on a greased baking tray in a moderately hot oven for 20 minutes.

When in season, a slice of apple or tomato makes a good alternative to the vegetable.

POOR MAN'S GOOSE

Ingredients — **Regulo Setting Mark 4**

½ lb. of liver
1 leek or onion
1 breakfastcupful of crumbs
1 teaspoonful of powdered sage
1 dessertspoonful of chopped parsley
3 tablespoonfuls of dripping
2 tablespoonfuls of flour
2 tablespoonfuls of gravy thickening
1 lb. of potatoes
Salt and pepper

Method.—Chop the onion or leek finely. Mix it with the breadcrumbs, sage and parsley. Season with salt and pepper, and bind with a little of the melted dripping.

Cut the liver into strips and coat thickly in flour and gravy powder mixed together. Put alternate layers of stuffing and liver in a greased casserole. Cover with the potatoes cut in halves and pressed firmly down on the stuffing.

Mix any remaining flour and gravy powder with a little water, and pour it carefully into the dish. Brush the potatoes over with the rest of the dripping, and bake the dish in a moderate oven for 1½ hours.

ROLLED TRIPE EN CASSEROLE

Ingredients — **Regulo Setting Mark 4**

2 lbs. of dressed tripe
1 or 2 cold sausages or slices of meat galantine
½ teaspoonful of mixed herbs
A small piece of bayleaf
1 oz. of flour
A leek, some spring onions or other onion, whichever may be available
1 lb. of carrots
Salt and pepper

Method.—Cut the tripe into strips and put on each a piece of sausage or galantine. Sprinkle sparingly with herbs, salt and pepper. Roll up and tie each roll with cotton. Slice the carrot and onion, put them into a casserole with the little piece of bayleaf. Lay the rolls on the vegetables, cover with water.

Cook for 45 minutes in a moderate oven. Dish up the tripe and vegetables, thicken the liquor with the flour, bring it to the boil and cook for 5 minutes. Pour it over the tripe and carrots. Serve with mashed potatoes.

(Some bottled, tinned or fresh tomatoes are a great improvement to this dish.)

SAVOURY PIE CRUST

This is a useful and appetising covering for a meat, vegetable or fish pie.

Ingredients — **Regulo Setting Mark 6**

1 lb. of potatoes
½ lb. of carrots
3 or 4 ins. of leek green
½ teacupful of bread pieces, no matter how stale
Salt and pepper

Method.—Cook the potatoes and carrots, until tender, in a very little salted water. Drain them and mash them smoothly. Soak the bread in a little of the vegetable liquor, then squeeze it dry and beat it until smooth and free from lumps. Chop the leek. Mix the mashed vegetables, the flaked bread and raw-chopped leek together. Season well with pepper and salt.

Spread the mixture over the contents of the pie. Brush with melted dripping or margarine, and bake in a moderately hot oven until the crust is brown and crisp, about 30 minutes.

SECTION IX

CHEAP CUT AND COLD MEAT DISHES

BAKEHOUSE MUTTON

Ingredients — **Regulo Setting Mark 2**

2 breasts of mutton, boned
2 lbs. of potatoes
½ lb. of onions or leeks
1 teacupful of hot water
Salt and pepper

Method.—Scrub the potatoes. Cut them into thick slices. Peel and slice the onions or leeks. Put a good layer of potatoes in a baking-tin, then the onions, seasoning each layer with salt and pepper. Add the rest of the potatoes. Roll up the breasts of mutton and place them close together on top of the potatoes. Pour in the teacupful of hot water. Cover the meat with margarine papers and bake in a slow oven for 1½ hours. Remove the paper from the meat for about 20 minutes before serving.

Serve with green peas, or spinach, and mint sauce.

BEEF OLIVES

Ingredients — **Regulo Setting Mark 2**

1 lb. of stewing steak
1 teacupful of stale bread pieces soaked and squeezed dry
1 teacupful of grated raw potato
1 level tablespoonful of dried egg
Salt and pepper
½ teaspoonful of dried rosemary, or other preferred herb
2 ozs. of flour
2 or 3 small onions
1 lb. of parsnips or artichokes, or both

Method.—With a sharp knife slice the meat through into two thin layers, then beat both pieces with the rolling-pin until they are thinner still. Cut each into two or three portions and place on each a little roll of stuffing. The stuffing is made by mixing together the bread, potato, dried egg and seasoning.

Roll up the meat and tie in place with thick cotton. Coat each thickly with flour. Put into a saucepan on a bed of thinly sliced vegetables, cover with water and simmer for 2 hours.

If preferred, the olives may be cooked in a casserole in the oven.

CASSEROLE OF VEAL WITH ARTICHOKES

Ingredients — **Regulo Setting Mark ¼**

1½ lbs. of breast or knuckle of veal
1½ lbs. of artichokes
2 tablespoonfuls of flour
2 or 3 spring onions, or a small piece of the white part of a leek
Salt and pepper

Method.—Have the butcher chop the meat into small pieces and wash well to remove bone splinters. Coat each piece thickly in flour seasoned with salt and pepper. Wash and peel the artichokes very thinly, slice the onion. Put the meat,

artichokes and onion into the casserole, cover with water and cook in a very slow oven for 3 hours.

3 tablespoonfuls of rice may be added to make a thick stew. In this case, watch during the cooking to see if more liquid need be added.

CURRIED BEEF OR MUTTON

Ingredients

1 or 2 breakfastcupfuls of cold meat cut into fairly large dice
1 oz. of dripping
1 tablespoonful of gravy powder
1 dessertspoonful of curry powder
2 or 3 chopped small or spring onions
1 teaspoonful of sugar
1 oz. of chopped sultanas
1 pint of stock or vegetable liquor

Method.—Melt the dripping in a saucepan and cook the onion, cut into thin rings, until tender. Stir in the gravy powder and curry powder mixed together and blend well with the hot fat. Gradually add the hot liquid, and stir until smooth and thick over a low heat. Next add the sugar and fruit. Put in the cold meat and allow all to simmer over a very low heat until the meat is heated through (about 15-20 minutes). The curry must not boil after the meat is added. Serve with plenty of sliced carrots and rice or mashed potato.

If fresh meat is used for the curry, cook it with the onion and carrot, then use the stock for making the curry sauce. This sauce may be used for making any kind of curry, vegetable or fish.

DEVONSHIRE HARICOT

Ingredients

1 or 2 breasts of mutton
1 breakfastcupful of cooked haricot beans
3 carrots
2 or 3 turnips
Onion or leek, if available
1 tablespoonful of dripping
2 ozs. of flour
Salt and pepper
Finely chopped parsley

Method.—Cut the mutton into pieces. Roll each piece in flour seasoned with pepper and salt. Slice the vegetables. Make the dripping very hot in the saucepan, then put in the meat and the onion or leek. Fry lightly for a few minutes. Put in the beans and the rest of the vegetables, and pour in enough hot water or vegetable stock to cover the contents of the saucepan. Season with pepper and salt. Put on the lid and simmer for 45-60 minutes.

HARICOT MUTTON WITH POTATO AND TURNIP PURÉE

Ingredients

1½ lbs. of scrag end of mutton
½ lb. of haricot beans (already partly cooked)
2 lbs. of potatoes
Regulo Setting Mark ¼
1 lb. of turnips
An onion or two
Chopped parsley
Gravy powder

Method.—Have the butcher chop through the bones of the meat, then it will be easy to cut it into neat pieces. Put the meat, sliced onions and partly cooked beans into a casserole. Season with pepper and salt. Cover with water and put on the lid. Cook in a very slow oven for 2½ hours. Examine the dish occasionally to make sure that all the water has not been absorbed by the beans. Cut the potatoes in halves and the turnips into very small pieces and either boil them together until tender, or put them into another dish and cook in the oven with the mutton. In the latter case, allow ¾ of an hour for the vegetables.

Drain off the liquid and thicken with a little gravy powder, and pour it into the meat dish. Mash the turnip and potato very smoothly. Season with pepper and salt. Make a ring of the purée on a hot dish and pour the meat and beans into the centre.

If more convenient, serve the meat straight from the dish in which it was cooked and the vegetable in a vegetable dish.

JUGGED STEAK

Ingredients

1 lb. of stewing steak cut in one piece
6 medium carrots
6 potatoes
1 small leek, or two or three spring onions
2 teaspoonfuls of dry mustard
2 teaspoonfuls of sugar
2 tablespoonfuls of piquant sauce
1 oz. of flour
1 oz. of dripping

Method.—Scrub the carrots and potatoes, and slice them. Chop the onion or leek, using all the green. Melt the dripping in the pan, put in the carrot and onion, and cook with the lid on for 10 minutes over a very low gas. Rub the mustard well into the steak on each side, then put it on the vegetables and cook for a few minutes. Mix the sugar, flour and sauce and make up to a pint with warm water. Pour it into the saucepan, put on the lid and simmer for 1 hour. Cover the meat with the sliced potatoes, pour in a little more boiling water, season with pepper and salt, and cook again for 30 minutes.

SAVOURY BAKED MUTTON

Ingredients **Regulo Setting Mark 7**

2 flaps of breast of mutton

For Stuffing

1 breakfastcupful of stale bread scraps
2 tablespoonfuls of melted dripping or cooking fat, or some scraps of fat from the meat, very finely minced
2 heaped tablespoonfuls of raw grated potato
1 teaspoonful of mixed herbs and 1 dessertspoonful of chopped parsley

Method.—Soak the bread in cold water until quite soft. Squeeze it dry and beat it until smooth with a fork. Mix it with the herbs, potato and fat; season well with pepper and salt. Bone out the flaps. Spread one evenly with the stuffing and press the other flap firmly on top. Stick one or two skewers through to keep all together. Put into a baking-tin, cover with dripping and surround with sliced or diced par-boiled potatoes. Bake in a hot oven for 45 minutes.

The bake may be left to get cold and served with a salad and jacket or mashed potatoes.

SPICED BEEF

Ingredients **Regulo Setting Mark ¼**

2 or 3 lbs. of boneless brisket, or rolled thin flank
1 teaspoonful each of made mustard, sugar and salt
2 tablespoonfuls of vinegar
2 cloves
A small piece of bayleaf
1 or 2 allspice or a dusting of nutmeg
Pepper
2 or 3 carrots and an onion

Method.—Mix together the mustard, sugar, vinegar, salt and pepper, and with the back of a wooden spoon rub it thoroughly into the meat. If using rolled flank, unroll it in order to spread some of the seasoning inside the roll, then fasten up again before cooking. Leave for 12 hours, turning the meat once or twice during that time. Put the joint, with the spices and the juices from the marinated meat into a casserole. Surround with the vegetables thinly sliced. Just cover with water. Put on the lid and cook in a very slow oven for 4 hours.

The meat may be served hot, with the liquor strained and thickened as gravy, or the joint may be pressed into a basin with a weight on top and left to get cold. The liquor may then be thickened with a dessertspoonful of flour and another teaspoonful of mustard, allowed to get cold and served as sauce.

STEWED STEAK

Ingredients

1 lb. of stewing steak
2 lbs. of carrots
2 onions
2 tablespoonfuls of dripping
2 tablespoonfuls of flour
Salt
6 peppercorns
½ teaspoonful of dry mustard
Warm water

Method.—Cut the steak into about eight pieces. Mix together the flour and mustard and salt. Coat each piece of steak thickly in this seasoned flour. Melt the dripping, and lightly fry the meat and the sliced onion in the hot fat. Mix the stock or water with any remaining seasoned flour, and pour into the saucepan. Put in the peppercorns and bring to the boil.

Lower the gas and simmer on a very low heat for 1½ hours. Put in the carrots, and cook again for 30 to 40 minutes until the carrots are tender.

If preferred, the carrots may be cooked quickly separately and added to the stewed steak 10 minutes before dishing up.

A little kidney greatly improves the dish when it can be obtained.

SECTION X

RABBIT DISHES

CASSEROLE OF RABBIT

Ingredients **Regulo Setting Mark 4**

1 rabbit
1 leek
1 large parsnip
1 lb. of old carrots
1 teacupful of partly cooked haricot beans
2 tablespoonfuls of vinegar
1 teaspoonful of dry mustard
1 teaspoonful of sugar
1½ pints of vegetable stock
1 tablespoonful of flour and gravy powder mixed

Method.—Joint the rabbit. Cut the liver into little pieces. Slice the vegetables. Roll the rabbit joints in the flour mixture. Put a layer of vegetables into a casserole. Arrange the rabbit joints and the liver on them. Cover with vegetables. Mix the vinegar, sugar and mustard smoothly and stir it into the stock. Pour it into the dish. Cover closely and cook in a moderate oven for 1½ to 2 hours.

GRILLED RABBIT WITH PIQUANT SAUCE

Ingredients

1 medium rabbit
2 rashers of bacon
2 tablespoonfuls of vinegar
2 tablespoonfuls of hot bottled sauce
1 teaspoonful of dry mustard
1 teaspoonful of sugar
Salt
A large bunch of watercress
Flour

Method.—Mix together the mustard, sugar, salt, sauce and vinegar. Joint the rabbit and lay it with the liver in the mixture. Leave for 24 hours, turning frequently.

When ready to prepare the dish, drain the pieces well.

Cut the bacon into several pieces and cook in a frying-pan until the fat begins to run. When it is quite hot put in the rabbit joints and liver. Either cook under the grill or fry, cooking for about 10 minutes on either side. Dish up with the pieces of bacon, but leave the liver in the pan. Mash it with a wooden spoon, add a sprinkling of flour, pour in the sauce in which the

rabbit was soaked. Bring all to the boil, stir over the heat for 5 minutes, then pour over the rabbit.

Garnish the dish with large tufts of watercress, and serve with baked or mashed potatoes.

RABBIT PUDDING

Ingredients

½ lb. of potato crust No. 3

For Filling

1 rabbit
1 leek
½ teacupful of stale bread
½ teaspoonful of thyme
A few drops of lemon substitute
1 level tablespoonful of dried egg
2 tablespoonfuls of gravy powder
1 small turnip and 2 small carrots

Method.—Joint the rabbit and bring to the boil in salted water. Remove all scum and cook moderately fast for 15 minutes. Chop the liver and kidney of the rabbit finely. Add it to the bread, which must be soaked and squeezed dry. Mix with the bread and liver, etc., half the gravy powder, the thyme and lemon and the dried egg. Roll the mixture into little balls. Dice the vegetables very small. Line a greased pudding basin with two-thirds of the dough rolled out. Put the four best joints of the rabbit into the basin and fill in with the force-meat balls, the diced vegetables, and the meat cut from the rest of the rabbit. Thicken a little of the rabbit stock with the rest of the gravy powder. Cover with the remains of the dough, sealing the edges well together. Cover with a greased paper and steam for 1½-2 hours.

Serve with a dish of green vegetables.

RABBIT STEW WITH PRUNE DUMPLINGS

Ingredients

1 rabbit
A small piece of bayleaf
Salt and pepper
3 or 4 carrots or parsnips in season
1 oz. of dripping
1 oz. of flour
Salt and pepper

For the Dumplings—

8 prunes, cooked sufficiently to enable the stones to be taken out
6 ozs. of flour
1½ oz. of cooking fat
½ teaspoonful of baking powder
½ teaspoonful of salt

Method.—Joint the rabbit and put it with the sliced vegetable into a saucepan with the bayleaf; season with salt and pepper, and cover with water. Bring to the boil, remove any scum, then simmer gently for 1 hour. With ¾ pint of the stock and the dripping and flour make a thick gravy sauce. To make the dumplings, rub the fat into the flour, baking powder and salt,

moisten with enough cold water to make a soft (but not sticky) dough. Divide the dough into 8 pieces and wrap a stoned prune in each. Mould into little dumplings, drop into fast boiling water and cook for 10 minutes. Skim them up and put with the rabbit, vegetable and gravy sauce.

Serve at once.

RABBIT WITH PARSNIPS

Ingredients

1 rabbit
1½ lbs. of parsnips
1 pint of stock
1 oz. of lard or cooking fat
1 oz. of flour
1 teaspoonful of sugar
½ teaspoonful of sage
Salt and pepper

Method.—Joint the rabbit. Chop the liver and heart. Heat the lard in the saucepan, put in the rabbit and cook the pieces over a slow heat, with the lid on, for 10 minutes. Sprinkle with the flour, sage and sugar, cook for a few minutes, then gradually add the hot stock. Put in the parsnip, cut in thin slices, and simmer gently for 1-1¼ hours. Stir occasionally to keep the sauce smooth.

ROAST RABBIT AND VEGETABLES

Ingredients **Regulo Setting Mark 7**

1 rabbit of medium size
1 lb. of mashed potato
2 tablespoonfuls of chopped parsley
Chopped celery green or leek green in season
2 to 3 heaped tablespoonfuls of stale crumbs
2 tablespoonfuls of chopped meat or bacon fat
A pinch of thyme
Salt and pepper
Potatoes and parsnips

For Gravy

1 teaspoonful of sugar
1 teaspoonful of mustard
1 tablespoonful of flour
2 tablespoonfuls of vinegar
½ pint of vegetable stock or water

Method.—Mix all the ingredients together, stuff as much as possible into the rabbit, sew up with a stout needle and thread, or simply tie round with thread, and lay the stuffed rabbit in a baking-tin, surrounded with par-boiled sliced potatoes and parsnips. Baste well with dripping and bake in a hot oven for an hour. Meanwhile, cook the liver in a little salted water until tender.

When the rabbit is done, dish it up with the vegetables round it. Rub the cooked liver into the fat left in the tin with the back of a wooden spoon, add a teaspoonful each of sugar and mustard, 1 tablespoonful of flour and 2 tablespoonfuls of vinegar. Stir in ½ pint of boiling water or vegetable stock. Cook over a gentle heat until the mixture boils and then pour into a gravy-boat without straining it.

SIMPLE RABBIT STEW

Ingredients

1 rabbit
1 lb. of carrots
1 turnip
1 small onion
2 tablespoonfuls of flour
2 tablespoonfuls of dripping
Salt and pepper

Method.—Soak the rabbit in salt and water for 1 hour. Take it out, dry it and cut it up into joints. Season the flour with salt and pepper, coat each piece of rabbit in it. Melt the fat, put in the floured rabbit, fry lightly, then pour in enough hot water or hot stock to cover. Bring to the boil, then lower the heat and simmer for 1 hour. Put in the vegetables, thinly sliced and cook again for 30 minutes.

Small dumplings may be made and served with the dish in cold weather.

SECTION XI

CHEESE DISHES

BAKED POTATOES AND CHEESE

Ingredients **Regulo Setting Mark 7**

4 large potatoes
2 ozs. of cheese

Method.—Wash and scrub the potatoes. Bake them in a hot oven for 1 hour, or until tender. Split them open and sandwich either a slice of cheese or some grated cheese between. Leave for a minute to melt the cheese and make it soft. Serve at once with pepper and salt.

BAKED POTATOES (2)

For variety, the soft insides of the halved potatoes may be scooped out, mixed with minced onion, margarine and a small portion of meat or vegetable extract, then pressed back into the potato shells. Cooked minced meat of any kind, or flaked fish bound with a little parsley or tomato sauce may also be used as fillings.

CHEESE AND APPLE PIE

Ingredients **Regulo Setting Mark 6**

12 ozs. of potato pastry No. 2

For Filling—

1 lb. of apples (or 6 ozs. of apple rings well soaked and drained)
1 oz. of sugar
1 clove
3 ozs. of thinly sliced cheese

Method.—Roll out the pastry and line a pie dish with three-quarters of it. Partly cook the applies with the clove and the sugar, using as little water as possible. Fill the lined dish with

alternate layers of apple and thinly sliced cheese and tiny pieces of margarine here and there.

When all the apple and cheese is used, cover with the rest of the pastry, crimp the edges closely together, make a hole in the centre of the top. Bake in a moderately hot oven for 30 minutes.

This pie is very good eaten cold.

CHEESE AND LENTIL CUTLETS

Ingredients **Regulo Setting Mark 6**

5 ozs. of lentils
4 ozs. of cheese
8 ozs. of mashed potato
3 ozs. of flour
Salt and pepper
1 teaspoonful of made mustard or 1 tablespoonful of chutney

Method.—Cook the lentils in ½ pint of water until tender and dry. Grate the cheese and mash the lentils. Mix all the ingredients smoothly together. Form into cutlet shapes. Bake in a greased tin in a moderately hot oven for 20 minutes, or fry in very hot shallow fat for about 10 minutes.

CHEESE BEANS

Ingredients

½ lb. haricot or other dried beans, soaked over night
2 ozs. of grated cheese
1 tablespoonful of vinegar
½ teaspoonful of made mustard
2 teaspoonfuls of Worcester sauce
1 or 2 tablespoonfuls of parsley and mint chopped together
A good pinch of pepper and salt

Method.—Cook the beans in unsalted water in which they were soaked. When the beans are tender, strain them and save 2 tablespoonfuls of water. (The rest may be set aside for making soup.) Add all the other ingredients, except the mint, and parsley, to the 2 tablespoonfuls of bean water, and cook until the cheese is melted. Toss the beans in the savoury cheese sauce, put them into a hot dish and sprinkle with the chopped mint and parsley.

Serve with a green vegetable and potatoes cooked in the skins.

CHEESE PUDDING

Ingredients **Regulo Setting Mark 6**

1 teacupful of fine crumbs, as stale as possible
3 ozs. cheese
½ pint of boiling water
½ teaspoonful of baking powder
2 level tablespoonfuls of Household milk powder
3 level tablespoonfuls of dried egg
Pepper and salt

Method.—Pour the boiling water over the crumbs and leave to soak for 5 minutes. Mix the dried egg, milk powder and baking powder together thoroughly, stir these dry ingredients

into the wet crumbs and beat up together well. Next stir in the cheese, season with pepper and salt. Pour the mixture into a well-greased pie dish or cooking glass and bake in a moderately hot oven for 25 minutes.

CHEESE PUFFS

Ingredients **Regulo Setting Mark 6**

½ lb. of smoothly mashed potato
4 ozs. of grated cheese
2 ozs. of flour
1 teaspoonful of baking powder
Pepper
A teacupful of coarse oatmeal
A little milk

Method.—Mix together the cheese, potato, flour and baking powder. Season with pepper. Form the mixture into little balls. Roll them first on a plate on which there are two or three tablespoonfuls of milk, then in oatmeal. Put them on a greased tin and bake in a moderately hot oven for 25 minutes.

CHEESE TARTLETS

Ingredients **Regulo Setting Mark 6**

½ lb. of potato short crust No. 1

Filling—

2 level tablespoonfuls of dried egg
3 tablespoonfuls of grated cheese
1 teacupful of milk
Salt and pepper, a little paprika or nutmeg

Method.—Whisk up the egg with 4 tablespoonfuls of the milk, add the cheese and the rest of the milk, and season well with pepper. Line the patty pans firmly and thinly with the potato short crust, pour a little of the custard into each, dust the tops with paprika and bake in a moderately hot oven for 20 minutes. Serve hot or cold.

Note that if too hot an oven is used, the custard mixture will boil and be quite spoiled.

MACARONI CHEESE (WITHOUT WHITE SAUCE)

Ingredients **Regulo Setting Mark 7**

½ lb. of cut macaroni
3 ozs. of grated cheese
1 oz. of margarine
1 teaspoonful of meat or vegetable extract

Method.—Throw the macaroni into fast boiling water and cook it for 20 minutes. Drain it. Mix the savoury extract with 4 tablespoonfuls of the macaroni water and pour it over the macaroni. Stir well. Next add the margarine and when it is melted by the hot macaroni, put in the cheese. Stir all the ingredients well together, put into a pie dish and heat in the oven for about 10 minutes.

A piquant sauce, tomato or mushroom ketchup may be used instead of the savoury extract, if preferred.

SECTION XII

POTATO DISHES

HOT POTATO CHEESE SALAD

Ingredients

2 lbs. of potatoes
¼ lb. of cheese
1 rasher of bacon
1 oz. of margarine
2 tablespoonfuls of vinegar
Pepper

Method.—Boil the potatoes in their skins, in salted water. Drain them, peel and cut them into small dice, also dice the cheese. Cut the bacon into small strips, grill until quite crisp, take up and keep hot.

Add the margarine to the fat in the pan, beat in the vinegar, season well with pepper, put in the potato, cheese and bacon. Toss well together in the sauce, dish up and serve very hot. The cheese dice will be soft.

A salad of raw shredded cabbage goes excellently with this piquant dish.

POTATO DUMPLINGS WITH BACON AND ONION

Ingredients

2 lbs. of potatoes
6 ozs. of flour
1 teaspoonful of baking powder
4 rashers of bacon
1 onion
1 teaspoonful of salt

Method.—Scrub the potatoes and boil them in their skins. Peel and mash or put them through a sieve or potato squeezer. When cold, mix in the flour, baking powder and salt, and knead to a soft dough. With hands dipped in cold water, form the dough into small dumplings. Have ready a pan of boiling salted water and drop them in. Boil very quickly for 5 minutes. Meanwhile, mince the bacon and onion, fry until the onion is golden brown and soft, then pour with the fat over the dumplings. Serve with another vegetable and gravy.

POTATO JANE

Ingredients **Regulo Setting Mark 4**

1½ lbs. of potatoes
½ leek or onion chopped
2 ozs. of breadcrumbs
2 ozs. of cheese
½ to ¾ pint of milk
Salt and pepper

Method.—Slice the potatoes thinly. Put a layer of potato into a pie-dish. Sprinkle with chopped leek, crumbs and cheese. Fill the dish with alternate layers, finishing with leek, cheese and crumbs. Season and pour the milk over. Bake in a moderate oven for 45 minutes.

If preferred, the potatoes and savoury mixture may be put into a greased pudding basin and steamed for 1 hour.

POTATO MUSAKA

Ingredients **Regulo Setting Mark 4**

1½ lbs. of potatoes
2 large cooking apples
3 or 4 ozs. of grated cheese
¾ pint of vegetable stock
½ teaspoonful of sage
1 tablespoonful of flour

Method.—Scrub and slice the potatoes thinly, slice the apples and grate the cheese. Grease a fire-proof dish and fill with alternate layers of potato and apple sprinkled with cheese, sage and seasoning, using potato and cheese to finish. Gently pour ½ pint of the stock into the dish and cook in a moderate oven for three-quarters of an hour. Blend the flour with the rest of the liquid. Pour that into the dish and return to the oven for 20 more minutes.

Serve with a green vegetable or green peas in season.

POTATO SALAD

Ingredients

1 lb. of potatoes
1 small spring onion, or part of a small onion or leek
½ oz. of margarine
2 tablespoonfuls of vinegar
2 tablespoonfuls of finely-chopped parsley
Salt and pepper

Method.—Scrub the potatoes and cook them in the skins. When they are tender, but on no account mashy, drain off the water and let them cool in the saucepan, shaking the pan and lifting the lid to allow the steam to escape. When cool enough to handle, peel them and cut into dice. Toss them first in the margarine, until all the warm potato is coated, then with a wooden spoon carefully stir in the chopped onion, parsley and vinegar. Season with pepper and salt.

The salad may be eaten warm or cold, but it must be made while the potatoes are hot.

SCALLOPED POTATOES

Ingredients **Regulo Setting Mark 4**

1½ lbs. of potatoes
2 ozs. of grated cheese
2 level tablespoonfuls of Household milk powder
2 level tablespoonfuls of flour
1 oz. of margarine
1 pint of water
2 tablespoonfuls of chopped parsley
Salt and pepper

Method.—Scrub or thinly peel the potatoes, cut them into very thin slices. Blend the flour and milk powder, and mix with a pint of water until quite smooth. Put the sliced potatoes into a casserole or a pie-dish greased with the margarine. Between the layers sprinkle the cheese and the parsley. Pour the milk and flour cream into the dish carefully, cover the top with a greased paper or a lid and bake in a moderate oven for 1 hour.

This dish is very good eaten piping hot with a green salad.

SURPRISE POTATO BALLS

Ingredients — **Regulo Setting Mark 6**

1 lb. of mashed potatoes
1 reconstituted egg
2 ozs. of flour
2 tablespoonfuls of chopped parsley
4 ozs. of chopped, cooked green vegetables
4 ozs. of one of the American tinned meats, or of unrationed sausage meat
2 tablespoonfuls of dripping
Some crushed, stale crumbs or oatmeal

Method.—Knead together the potato, flour, and parsley, and bind with the egg. Roll into about 6 balls. With the handle of a wooden spoon make a hole in the centre of each. Fill the cavity with minced sausage and green vegetable. Close the hole by pressing the potato mixture together over it. Roll the balls first in melted dripping, then in crumbs or oatmeal. Put them on a baking-tray and bake in a moderately hot oven for 20 minutes.

When tomatoes are in season, bake halved tomatoes in the oven at the same time and serve with the surprise potatoes.

SECTION XIII

VEGETABLE DISHES

ARTICHOKE CHARLOTTE

Ingredients — **Regulo Setting Mark 4**

2 lbs. of Jerusalem artichokes
2 lbs. of potatoes
2 level tablespoonfuls of dried egg
2 ozs. of flour
2 ozs. of cheese
1 oz. of margarine
½ pint of parsley sauce
Salt and pepper

Method.—Cook the potatoes and the artichokes—they may be cooked together. Mash the potato with half the margarine, the flour and the dried egg powder, and mix to make a firm, smooth dough. Grease a pie dish and line it with nearly all the potato mixture. Mash the cooked artichokes with the rest of the margarine and the cheese. Fill the dish with the purée and cover with potato dough. Bake in a moderate oven for 25 minutes. Turn out and serve with the parsley sauce.

If liked, a little flaked fish may be mixed with the artichoke purée, or to make another change, tomato sauce served instead of the parsley sauce.

BAKED VEGETABLE ROLL

Ingredients — **Regulo Setting Mark 6**

½ lb. of potato pastry No. 2
1½ breakfastcupfuls of parboiled vegetables, diced small (Choose as large a variety as possible of vegetables in season)
1 pint of thick gravy
Salt and pepper, and if liked a pinch of mixed herbs
4 tablespoonfuls of chopped parsley

Method.—Roll out the pastry thinly on a well-floured board. Toss the vegetables in enough gravy to moisten them. Spread them on the pastry, leaving a margin of about 1 inch all round. Roll up and seal the ends and down the side securely to prevent the gravy oozing out. Put the roll on a well-greased baking-tin, sealed side down. Brush all over with melted dripping or milk, and bake in a moderately hot oven for 35-40 minutes.

Serve with the rest of the gravy made very hot.

BOSTON BAKED BEANS

Ingredients — **Regulo Setting Mark ¼**

1 lb. of haricot beans
¼ lb. of fat bacon, cut in one thick slice, or, if that cannot be spared, a few bacon bones and
2 ozs. of cooking fat or lard
2 tablespoonfuls of black treacle
4 tablespoonfuls of vinegar
1 teaspoonful of salt
2 quarts of water

Method.—Soak the beans for 12 hours, then turn them into a large casserole or earthenware pipkin with a lid. Add the treacle, the bacon cut in small cubes, or the bacon bones and the fat, the salt and the vinegar. Put on the lid and cook for 4 hours at least, either on the hotplate or in the oven (Regulo Setting Mark ¼, or in the low temperature zone when other cooking is in progress). Time may be shortened by boiling the beans for some time first.

BROWN VEGETABLE PIE WITH BATTER CRUST

Ingredients — **Regulo Setting Mark 7**

For filling—

1½-2 lbs. of vegetables in as large a variety as possible and according to season, diced or cut in pieces and par-boiled
1 tablespoonful of flour
1 tablespoonful of gravy thickening
1 oz. of margarine

For crust—

4 ozs. of flour
2 level tablespoonfuls of dried egg
Not quite half a pint of water
2 level tablespoonfuls of Household milk powder
Pinch of salt

Method.—Melt the margarine in a pie dish or oven glass, toss the vegetables in it. Mix the flour and gravy powder smoothly with ½ pint of hot vegetable liquor. Pour into the dish. Put into a hot oven and cook for 10 minutes. Make a smooth batter with the flour, dried egg, milk powder, salt and water. Take the dish from the oven. Pour in the batter and put back into the oven for 30 minutes. Serve at once while the batter is puffed and crisp.

CREAMED CABBAGE

Ingredients

1 small cabbage (washed and finely shredded)
¾ pint of water
1 oz. of margarine
3 level tablespoonfuls of Household milk powder
1 oz. of flour
Salt, pepper and nutmeg

Method.—Cook the cabbage quickly for 5 minutes in the salted water. Blend together the margarine, milk powder and flour, and stir it into the cabbage and liquor. Cook rapidly for 10 minutes, season with pepper and nutmeg, and serve while very hot.

Any of the creamed cabbage left over makes the foundation of a fish or cold meat salad.

CREAM OF CAULIFLOWER

Ingredients

1 medium-sized cauliflower
2 ozs. of coarse oatmeal
2 or 3 ozs. of cheese
1 oz. of margarine
4 level tablespoonfuls of Household milk powder
Salt and pepper

Method.—Cut away the outside leaves and coarse stump from the cauliflower. Dice the tender stump and cut the smaller leaves into pieces. Break the flower into sprigs. Cook all together in salted water until tender, then drain. Measure ¾ pint of the liquid and cook the oatmeal in it. When it is done, take it from the gas and stir in the milk powder, which should be already mixed with 4 tablespoonfuls of cold water. Return to the heat, stir in the cheese, cut in small squares. Cook for 2 or 3 minutes to soften it, then put it in the cauliflower. Turn gently in the thick sauce, then dish up and serve with mashed, boiled or sauté potatoes.

CURRIED BEANS

Ingredients

1 lb. of cooked beans
1 dessertspoonful of curry powder
1 oz. of flour
1 oz. of dripping
1 small onion or half a leek
1 tablespoonful of chutney
½ pint of stock or water
Salt and pepper
1 teaspoonful of sugar

Method.—Melt the dripping and fry the minced onion or leek until golden. Stir in the curry powder, flour and chutney. Stir over a gentle heat, then stir in the liquid. Season with salt and pepper to taste, add the sugar and the beans, and cook over a gentle heat for about 20 minutes.

DEVILLED LEEKS

Ingredients

4 medium-sized leeks
2 lbs. of mashed potato
½ teaspoonful of dry mustard
2 tablespoonfuls of chopped pickle
2 or 3 tablespoonfuls of crumbs
A small piece of margarine
½ pint of thick white sauce. (Make this with ½ pint of leek liquor, 2 level tablespoonfuls of Household milk powder, 1 tablespoonful of flour, and 1 oz. of margarine.)

Method.—Trim off the greenest part of the leeks, leaving the pale tender portions. Having split them in halves and washed them well, boil them in a little salted water. Drain thoroughly, cut into short lengths. Make the sauce, stir in the mustard and pickle. Spread the potato evenly in a shallow dish, cover with the leeks, pour the sauce over. Sprinkle with crumbs, dot with tiny pieces of margarine, and put under the grill for 2 to 3 minutes.

GOLDEN PIE

Ingredients **Regulo Setting Mark 6**

2 lbs. swedes
2 reconstituted eggs
½ oz. of margarine or dripping
Freshly chopped parsley
½ teacupful of crisped crumbs
Salt and pepper

Method.—Peel the swedes, cut into very small pieces and cook in salted water. When tender, mash them with the fat, season with pepper and salt, and beat in the egg. Scatter a greased pie dish with crumbs, pour in the swede mixture. Top with crumbs and parsley, bake in a moderately hot oven for 25 minutes.

This pie may have sausage or chopped tinned meat added to it.

HARICOT BEAN CAKE

Ingredients **Regulo Setting Mark 7**

1 lb. of haricot beans
1 lb. of dry mashed potato
2 rashers of fat bacon and 1 or 2 bacon bones, if possible
½ teaspoonful of powdered sage
½ teaspoonful of sugar
Pepper
2 or 3 tablespoonfuls of crisped browned breadcrumbs
1 tablespoonful of dripping

Method.—Soak the beans all night, then boil them with the bacon bones until tender. Strain and put aside the liquor, which will make good gravy or soup foundation. Mash the beans very well, taking out as many skins as possible, or, better still, sieve them. Mince the bacon. Mash the bacon, bean purée, potato and sage well together. Melt the dripping in a cake tin. Scatter the crumbs all over the sides and bottom. Press the savoury mixture firmly into it. Bake in a hot oven for 35 minutes.

Turn out of the tin and serve with gravy and a green vegetable. If the bacon cannot be spared, a few tablespoonfuls of minced meat or sausage may be used instead, or failing any meat at all, use an extra tablespoonful of dripping with which to bind the dry mixture, and add a tablespoonful of minced onion flavouring.

HARICOT BEAN RISSOLES

Ingredients

6 ozs. of cooked haricot beans
1 oz. of breadcrumbs
1½ ozs. of flour
1 oz. of margarine
1 small leek or onion
Salt and pepper
1 tablespoonful of chopped parsley
A little milk to bind
Dripping for frying
Crumbs or flour for coating

Method.—Mix all the dry ingredients together. Add the melted margarine. Stir well together and pour in just enough milk to make a stiff dough. Shape into croquettes, roll in crumbs, or flour, and fry in shallow, very hot fat until brown.

Serve with gravy and vegetables for lunch or supper, or pack with salad for a carried meal.

LENTIL CHICK

Ingredients **Regulo Setting Mark 7**

1 pint of lentils
½ lb. of dry mashed potato
2 tablespoonfuls of dried egg
2 level tablespoonfuls of Household milk powder
2 ozs. of flour
1 teaspoonful of thyme
½ teaspoonful of lemon substitute
Salt and pepper
2 or 3 ozs. of dripping

Method.—Cook the lentils in a little salted water, taking care they do not burn. When they are tender, drain off any superfluous liquor—saving it for soup, add the milk powder, dried egg, mashed potato, thyme and lemon flavouring. Season with a little salt. Beat all together until the paste is smooth. Form into an oblong shape and coat thickly with flour. Put into a baking-tin in which the dripping has been melted. Baste well and bake in a hot oven for 35 minutes. Baste once or twice during the cooking to make the flour into a crisp crust.

Serve with bread sauce, and sausages, if liked.

LENTIL TURNOVERS

Ingredients **Regulo Setting Mark 6**

4 ozs. of flour
1 lb. of potatoes, cooked and mashed, smooth and dry
Salt and pepper
2 level tablespoonfuls of dried egg
2 tablespoonfuls of melted dripping or margarine

For Filling—

1 teacupful of lentils
A little chopped onion or leek
¼ teaspoonful of sage
1 tablespoonful of gravy thickening
Salt and pepper

Method.—Mix together the flour, dried egg, salt and pepper. Rub in the mashed potato. Stir in the melted dripping and knead to a soft dough. Roll out carefully on a floured board and cut into squares.

Meanwhile, cook the lentils, with the onion flavouring and seasoning, until they are tender, drain off any superfluous moisture. Mash the lentils, add the gravy powder and sage, and stir over a very low heat until the mixture is smooth and creamy, but fairly dry. Put spoonfuls of the lentil mixture on the squares of dough. Fold them over to form triangle shapes, seal the edges down well. With a slice or a broad knife, lift them carefully on to a greased baking tray. Brush the tops with milk, if a little can be spared, and bake in a moderately hot oven for 25 minutes.

MEATLESS STUFFED MARROW

Ingredients **Regulo Setting Mark 6**

1 medium vegetable marrow
1 teacupful of mashed potato
1 teacupful of stale bread scraps
2 tablespoonfuls of finely chopped onion or leek
2 tablespoonfuls of gravy powder
1 teaspoonful of mixed herbs
1 reconstituted egg
4 tablespoonfuls of dripping

Method.—Wipe the marrow. Slit it in halves lengthways. Do not peel, but scoop out the pith and seeds. Soak the bread in cold water, squeeze it and beat it up with a fork until it is quite smooth. Mix it with the potato, onion, gravy powder, herbs and seasoning. Stir the reconstituted egg into all of these ingredients. Melt the dripping and brush the inside of each boat-shaped piece of marrow with some of it. Fill the cavities with the mixture, pressing it in firmly. Set the halves side by side on a baking-tin, baste well with the rest of the fat. Bake in a moderately hot oven for 25-35 minutes, according to the age of the marrow.

Serve with parsley or tomato sauce.

OATMEAL MINCE

Ingredients

1 lb. of mixed root vegetables, including Jerusalem artichokes in season
1 onion or leek
2 tablespoonfuls of oatmeal
½ lb. of minced meat, or ¼ lb. of corned beef
2 tablespoonfuls of parsley
½ pint of water
Salt and pepper

Method.—Dice and cook the vegetables in the water. Add the mince, oatmeal and seasonings. Cook until creamy, stirring to prevent burning.

Serve very hot with chopped parsley sprinkled over.

PARSLEY ROLL

Ingredients

8 ozs. of self-raising flour
2 ozs. of cooking fat
2 ozs. of raw grated potato
1 tablespoonful of gravy powder
6 heaped tablespoonfuls of finely chopped parsley
2 rashers of bacon, or about 4 ozs. of liver, chopped small

Method.—Rub the fat into the flour, and salt. Add the grated raw potato and half the parsley. Mix to a soft dough, using a very little water if necessary. Roll to a neat oblong. Mix the gravy powder smoothly with a teacupful of water, boil up, until it thickens, with the parsley stalks and bacon rinds. Strain. Spread the dough with the rest of the parsley and the chopped bacon or liver. Moisten well with gravy. Roll up, not too tightly, put it in a floured and scalded cloth, and steam for 1½ hours. Serve with spinach and gravy, or any other vegetable in season.

PORTMAN CABBAGE

Ingredients

1 medium cabbage
1 leek
¾ pint of boiling cabbage liquor
1 oz. of flour
3 ozs. of grated cheese
2 reconstituted eggs
2 tablespoonfuls of vinegar
1 teaspoonful of dry mustard
Salt and pepper

Method.—Shred the cabbage, chop the leek, and cook them together in salted water for 15 minutes. Drain well, saving the liquor, and keep the vegetables hot. Blend the flour and mustard to a smooth cream with 2 tablespoonfuls of water or milk. Add it to the ¾ pint of vegetable liquor and boil up. Stir in the cheese and vinegar. Take the saucepan from the heat and stir in the egg and seasoning. Cook over a very low heat until the sauce thickens. Pour it over the hot cabbage and serve with plenty of sauté potatoes.

POTATO LEEK PIE

Regulo Setting Mark 7
Time 10 Minutes

Ingredients

2 lbs. of potatoes
½ lb. of leeks
1 teacupful of grated cheese
Salt and pepper, and a little extra fat for greasing the dish
2 rashers of bacon, or, if that is not possible, 1 tablespoonful of bottom of the dripping, with the savoury jelly on it.

Method.—If possible choose potatoes more or less the same size, peel them as thinly as possible. Halve them lengthways. Cut off the tough green part of the leeks, slice them also in halves lengthways. Cook the potatoes and leeks together in a little salted water, boiling moderately for 20 minutes. Drain well. Cut the bacon into matchsticks, and grill lightly, or melt the dripping. Toss the leeks in the bacon fat or dripping. Put half the potatoes in a shallow dish, well greased. Arrange them cut side up. Spread the leek and bacon or leek and dripping mixture over them, and cover with the rest of the potatoes, cut side down. Sprinkle on the cheese, press it down well, and put the dish in a hot oven or under the grill to brown.

RAVIOLI WITH CAULIFLOWER OR BRUSSELS SPROUTS

Ingredients

10 ozs. of flour
2 level tablespoonfuls of dried egg
1½ ozs. of margarine
A good pinch of salt and a very little cold water
Thin meat or vegetable stock

For Stuffing—

¼ lb. of very finely minced meat (veal or pork for preference, but other meat will do)
A piece of bayleaf
2 tablespoonfuls of grated cheese
1 tablespoonful of flour
A tiny piece of leek green or garlic
2 tablespoonfuls of mashed potato
½ teacupful of thick brown stock
Pinch of thyme

Method.—Mix the flour, dried egg and salt together, pour in the oiled margarine, and work together, then add just enough cold water to make a stiff dough. Knead well, because it is important that the egg be well distributed. Leave the dough for an hour. Roll out as thinly as possible, then leave it spread on a board or large dish for another hour. Meanwhile, put the meat, bayleaf, flour, potato, cheese, stock, and all the flavourings into a small saucepan and cook slowly until the mixture is quite thick. Take out the bayleaf. Now cut the paste into rounds not larger than 2 inches in diameter. Place a small portion of the savoury filling on each, damp the lower edge of the round, fold over and press firmly together. Drop into boiling liquid, either thin meat stock or vegetable stock. Cook until the ravioli swim to the top, then skim out and keep hot. Serve with cauliflower or brussel sprouts and either a thick brown gravy or cheese sauce.

SAVOURY MACARONI WITH CABBAGE

Ingredients

½ lb. of cut macaroni
1 medium-sized cabbage, or savoy
1 oz. of margarine
2 or 3 ozs. of cheese
2 rashers of cooked bacon or bacon pieces finely minced
1 tablespoonful of finely minced leek green or chive (uncooked)
1 tablespoonful of gravy powder

Method.—Throw the macaroni into boiling salted water and cook it rapidly for 20 minutes. Drain off the macaroni, and in the water cook the cabbage finely shredded. Meanwhile, mix with the hot macaroni the bacon, cheese, margarine and the onion flavouring. Toss well together.

Dish up the cabbage, drain well. Put the savoury macaroni and the cabbage into a tureen. Thicken about ½ pint of the macaroni-cabbage water with the gravy powder, and pour it over the cabbage and macaroni.

SWEDE CAKES WITH MUSTARD SAUCE

Ingredients **Regulo Setting Mark 7**

1½ or 2 lbs. of swedes
1 breakfastcupful of dry mashed potato
2 tablespoonfuls of flour
2 tablespoonfuls of dripping
2 level tablespoonfuls of dried egg
2 or 3 tablespoonfuls of stale crumbs
Salt and pepper

For the Sauce—

1 level tablespoonful of Household milk powder
1 oz. of flour
1 oz. of margarine
1 teaspoonful of mustard
1 tablespoonful of vinegar
¾ pint of water in which the swedes were cooked
Salt and pepper

Method.—Cut the swedes up small, and cook in salted water until tender. Drain thoroughly, mash with the potato, mix the egg and flour together, and stir it into the vegetable, season with pepper and salt, form the mixture into flat cakes and dip in crumbs. Make the dripping very hot in a baking-tin, put in the cakes and bake in a hot oven for 25 minutes. Turn during the cooking.

To make the sauce, melt the margarine, blend with it the flour and mustard very smoothly, then gradually stir in the boiling swede liquor. Cook for 5 minutes until the sauce is smooth and thick, season with pepper and salt, and stir in the vinegar.

The swede cakes may be baked in the tin with a small joint if liked, or grilled with sausages.

SWEDE RISSOLES

Ingredients **Regulo Setting Mark 7**

2 lbs. of swedes
4 tablespoonfuls of stuffing, made with crusts of stale bread soaked, squeezed dry and beaten smooth
½ teaspoonful of mixed sweet herbs
1 level tablespoonful of dried egg
1 tablespoonful of melted dripping or cooking fat, a little salt and pepper, all mixed together
6 ozs. of mashed potato
6 tablespoonfuls of water
2 ozs. of flour
Salt and pepper
Dripping

Method.—Par-boil the swedes, drain, and chop finely. Mix with the savoury stuffing, mashed potato and seasoning. Mix the flour and water to a smooth cream and bind the rest of the ingredients with it. Heat the dripping in a shallow tin, drop spoonfuls of the mixture into it and cook in a hot oven for about 25 minutes. Alternatively, fry in a frying-pan, with a very little fat.

VEGETABLE CREAMS

Ingredients

1 pint of plain, thick sauce, made with flour or standard custard powder
½ teaspoonful of dry mustard
½ teaspoonful of salt
2 tablespoonfuls of vinegar
Salt and pepper to taste
1 large breakfastcupful of cooked diced vegetables in as large a variety as the season affords
Half a white cabbage very finely shredded, or other green vegetable or lettuce
Sliced beetroot

Method.—Stir all the seasonings and the vinegar into the sauce when it has cooled, then add the vegetables, stirring them in gently in order not to mash them up. Divide the mixture into 4 individual wetted moulds or teacups and put them in a cool place to set. Slide them out on to plates and surround with shredded cabbage (or other green vegetable or lettuce) and sliced beetroot.

VIENNESE CABBAGE

Ingredients

1 medium-sized cabbage
½ lb. of freshly minced meat
2 ozs. of dripping
1 oz. of flour
1 or 2 small onions or spring onions
Salt and pepper
¼ pint of boiling water

Method.—Shred the cabbage finely. Melt the dripping in a saucepan, stir in the finely minced onion, flour and meat. Season with salt and plenty of pepper. Stir over a gentle heat for 5 minutes. Pour in the boiling water and put in the cabbage. Simmer for 20 minutes with the lid on closely. Stir once or twice as the mixture cooks.

Serve with jacket potatoes.

WINTER VEGETABLE PUDDING

Ingredients

¾ lb. of potato crust No. 3
½ pint of thick gravy, made with vegetable stock and 1 tablespoonful of gravy thickening
1 teacupful each of cooked brown beans, and raw finely shredded cabbage, diced celery and carrot, and swede

Method.—Roll the dough thinly and line a greased basin with part of it. Fill the basin with alternate layers of the different vegetables (moistened with gravy) and thin rounds of dough cut to fit. The top layer must be of dough. Cover with greaseproof paper and steam for 1½ hours.

Serve with a freshly cooked green vegetable.

SECTION XIV

SALADS

AMERICAN SLAW

Ingredients

1 lb. of cabbage or savoy, using the crisp inner leaves
2 teaspoonfuls of sugar
½ teaspoonful of salt
3 tablespoonfuls of vinegar
1 teaspoonful of mustard (made)
½ pint of thin white sauce
Shake of pepper

Method.—Shred the cabbage very finely. Wash it in salted water, then rinse it in fresh cold water. Dry carefully in a cloth. Put it into a bowl.

Make the sauce, stir in the vinegar, and the rest of the seasonings. Allow it to cool, then pour it over the cabbage and toss like a salad.

EGG MAYONNAISE

Ingredients

4 reconstituted eggs
8 tablespoonfuls of milk
1 full teaspoonful of margarine
Salt and pepper
1 crisp lettuce
Mustard and cress
1 medium tomato in season
Home-made mayonnaise (see Page 68)

Method.—Warm the milk and margarine in a saucepan, season well with pepper and salt. Pour in the egg and cook it over a very low flame until it is just set. Turn out on a plate to cool. Divide the lettuce into four portions, separating each leaf. Surround with mustard and cress. Put a portion of egg on each salad, and mask with mayonnaise. Decorate with thin slices of skinned tomato.

FISH SALAD

Ingredients

½ lb. of firm white fish, cooked
1 lb. of runner beans, sliced and cooked
2 medium tomatoes
Parsley
1 small clove or garlic, or a tiny onion
2 tablespoonfuls each of tarragon and malt vinegar
1 lettuce

Method.—Skin and slice the tomatoes; very finely mince the garlic or onion. Put the tomato, beans and onion or garlic into a deep dish and pour over the two kinds of vinegar. Season well with pepper and a little salt. Leave for an hour or two. Arrange the lettuce leaves in a salad bowl. Flake the fish and put it on the lettuce, then pour over it the bean and tomato, with the marinade.

HERRING SALAD

Ingredients **Regulo Setting Mark 5**

4 herrings
1 lettuce
Cucumber and tomato in season, or home-made pickled cabbage
Salad cream
Finely chopped parsley
2 breakfastcupfuls of cold diced potato

Method.—Bake the herrings for 15 minutes in a moderately hot oven. Slit up the cold herrings and take out the backbones. Arrange each fish on a bed of lettuce leaves. Surround with thinly sliced tomato and cucumber, or little heaps of pickled cabbage. Toss the potato in salad cream and mix with plenty of freshly chopped parsley. Serve with the herring salad.

HOME-MADE MAYONNAISE

Ingredients

1 level tablespoonful of standard custard powder (use flour when custard powder is not obtainable)
2 level tablespoonfuls of Household milk powder
1 oz. of margarine
½ teaspoonful of dry mustard
2 tablespoonfuls of vinegar
Salt and pepper
½ pint of boiling water

Method.—Mix together the custard powder or flour, milk powder, mustard, pepper and salt in a basin. Warm the margarine, and blend it smoothly with the dry ingredients until soft and creamy. Gradually stir in the boiling water, then put it into a saucepan. Bring very slowly to the boil, stirring all the time. Cook until the sauce is smooth and thick.

When it is cool, beat in the vinegar. Any kind of spiced vinegar may be used instead of plain malt vinegar to give variety of flavour.

SPRING SALAD

Ingredients

½ lb. of young spinach
4 small new carrots
2 small spring onions
1 sprig of mint
1 small cooked beetroot
2 breakfastcupfuls of diced, cooked potato

Method.—Make a bed of the spinach on a flat dish. Pile the potato in the centre and mingle the small mint leaves with it. Arrange the sliced beetroot and the grated carrot round the potato, then sprinkle the whole salad with tiny onion rings, made by slicing the onions thinly and breaking the slices into rings.

Flaked fish or a little minced cold meat may be added, or the whole may be sprinkled with grated cheese.

SUMMER SALAD

Ingredients

1 lettuce
1 lb. of green peas
1 lb. of small new potatoes
½ lb. of new carrots
2 tablespoonfuls of finely chopped mint
4 tablespoonfuls of vinegar
1 teaspoonful of sugar

Method.—Cook the carrots, new potatoes and peas all together in a little salted water. Slice potatoes and carrots thinly. Mix them with the green peas.

Line the salad bowl with lettuce leaves, pile the rest of the mixed ingredients in the centre, and dress with the mint and sugar mixed with the vinegar.

SECTION XV

HOW TO COOK PUMPKINS

During the war, many people have found to their surprise that it is very easy to grow fine large pumpkins, but they do not know quite what to do with them.

These simple recipes are adapted from those used for every-day dishes in America. The finely flavoured flesh of the pumpkin can be used for sweet or savoury dishes. Like marrow, it combines well with other vegetables, with fruits or with meat.

PUMPKIN AND APPLE PIE (1)

Ingredients

1½ lbs. of pumpkin
1 lb. of apples
3 tablespoonfuls of sugar
2 tablespoonfuls of milk
Regulo Setting Mark 6
1 dessertspoonful of custard powder or flour
2 cloves
½ lb. of short potato crust No. 1

Method.—Cook the pumpkin and apples in a very little water with the cloves. Mash them to a pulp. Blend the custard powder smoothly with the milk. Stir it into the pulped fruit and cook very slowly until the mixture thickens, stirring to prevent it burning. Pour it into a deep tart tin or flan tin lined with the short pastry. Lattice the surface closely with very thin, evenly cut strips of the paste. Bake in a moderately hot oven for 30 minutes. Ginger, lemon flavouring or cinnamon may be used instead of the cloves.

PUMPKIN AND APPLE PIE (2)

Ingredients — **Regulo Setting Mark 6**

- 1½ lbs. of pumpkin
- 1 lb. of apples
- ½ teaspoonful of powdered cinnamon
- 2 ozs. of sugar
- 1 oz. of sultanas
- 12 ozs. of short potato crust No. 1

Method.—Cut the pumpkin into small dice. Peel and slice the apples. Cook the pumpkin and apples with the sugar and cinnamon in a very little water for 20 minutes. Cool the fruit mixture. Line a pie dish with crust. Fill with the fruit and syrup and add the sultanas. Cover the pie with crust. Make a hole in the top and bake in a moderately hot oven for 30-40 minutes until the crust is golden brown.

PUMPKIN AU GRATIN

Ingredients — **Regulo Setting Mark 7**

- 2 lbs. of pumpkin cut in small cubes
- 4 ozs. of grated cheese
- 1 pint of white sauce
- 2 heaped tablespoonfuls of crisp browned breadcrumbs
- Salt and pepper

Method.—The white sauce is made with ¼ pint of the water in which the pumpkin is cooked, ¼ pint of milk, 1 oz. of margarine, 1 oz. of flour, salt and pepper.

Cook the pumpkin in slightly salted water until the cubes are tender. Make the sauce and stir in half the cheese. Add the well-drained pumpkin. Pour all into a greased casserole or fireproof dish. Cover the top with the rest of the cheese mixed with the crumbs. Put into a hot oven for 10 minutes or beneath the grill for a few minutes to melt the cheese and brown it to a crust.

SAVOURY PUMPKIN PIE

Ingredients — **Regulo Setting Mark 4**

- 2 lbs. of pumpkin cut in thin slices
- ½ lb. of tomatoes
- ½ lb. of minced meat
- ½ teaspoonful of thyme
- 2 tablespoonfuls of melted margarine
- 1 lb. of mashed potatoes
- Salt and pepper
- Thick brown gravy

Method.—Put a layer of pumpkin slices at the bottom of a pie dish or casserole greased with part of the margarine. Put in the minced meat mixed with the herbs and seasoned with pepper and salt. Cover with half of the tomatoes very thinly sliced. Next put in the rest of the sliced pumpkin, then the rest of the tomatoes. Pour in enough thick brown gravy to cover the contents of the dish, then finish with a cover of the mashed potato. Brush the potato with the rest of the margarine and bake in a moderate oven for 1 hour.

PUMPKIN CREAM

Ingredients **Regulo Setting Mark 5**

2 lbs. of pumpkin
1 oz. of cornflour, custard powder or plain flour
2 ozs. of margarine
2 ozs. of sugar
2 level tablespoonfuls of Household milk powder
1 level tablespoonful of dried egg
½ teaspoonful of vanilla
¼ pint of water

Method.—Cook the pumpkin until it is soft. Mix together the milk powder, the dried egg, and the cornflour, custard powder or plain flour, and mix them smoothly with the water. While the pumpkin is hot, mash it well, beat in the margarine, the sugar and then the egg and milk mixture, and last of all the vanilla. Pour it into a greased pie dish. Bake in a moderately hot oven for 30 minutes.

SECTION XVI

CARRIED MEALS

So many people have to take meals out with them nowadays, that their preparation has come to be part of the daily routine in thousands of homes.

Because a meal is not eaten in the home at a table it does not mean that it cannot be nutritious, attractive and appetising. Variety and good food value can go into every carried meal if a little thought is given.

Apart from the food itself, the packing is important. Containers for the food and bottles for the liquids should be kept specially, one set for each person.

These containers must be kept scrupulously clean. Directly the luncheon basket is home, it should be unpacked, and the containers, including the corks or stoppers, washed in hot soda water.

Old serviettes or hemmed squares cut from old tablecloths can replace paper. It is a good plan to have two for each

basket or bag, then one can be thoroughly washed every day.

Children should be taught to keep their lunch-bags or baskets fresh and tidy, and to wash their own containers, to lighten the mother's work. Also, they should remember that if too much food has been packed they should wrap it neatly and bring it home in good condition.

THREE MEALS FOR A CHILD

Meal 1 (Oslo Meal)—Salad, Sultana Cake, Milk

SALAD

Ingredients

About 4 ozs. in weight of any mixed salad, such as:
2 ozs. of finely shredded cabbage or broken up lettuce
1 dessertspoonful of coarsely chopped parsley
1 tablespoonful of grated carrot if available
1 tomato in slices
Beetroot, grated raw, or cooked

Salad dressing in small bottle

2 tablespoonfuls of dried milk powder
2 tablespoonfuls of vinegar
1 tablespoonful of water
Salt, pepper and mustard

Method.—Mix all the ingredients well together. Bread and butter and cheese should accompany this salad.

SULTANA CAKE

(Make up ½ lb. cake, use slices as required.)

Ingredients **Regulo Setting Mark 4**

3 ozs. of fat
3 ozs. of sugar
2 reconstituted eggs
½ lb. of flour
Milk to mix
Pinch of salt
2 ozs. of sultanas
3 level teaspoonsful of baking powder

Method.—Cream the fat and sugar, add the egg and flour mixed with salt, alternately. Mix with milk to make a soft consistency. Add the sultanas, beat well. Sprinkle in the baking powder, turn into a greased tin and bake for 1 hour in a moderate oven.

To Drink: Cold milk.

Meal 2—Pilchard Pasty, Sweet Sandwich, Cocoa

PILCHARD PASTY

Ingredients **Regulo Setting Mark 6**

For Pastry

2 ozs. of oatmeal
2 ozs. of flour
½ oz. of fat
Salt
Water to mix

For Filling

2 ozs. of pilchards in tomato sauce
2 ozs. of shredded cabbage
½ tablespoonful of chopped parsley

Method.—Make up the pastry as short crust. Roll out into two rounds. Mix the filling well together, spread on the pastry, damp the edges and seal. Bake in a moderately hot oven for 25-30 minutes.

SWEET SANDWICH

1 oz. of margarine
1 dessertspoonful of syrup
1 tablespoonful of strong coffee
3 dessertspoonsful of cocoa

Method.—Mix well, spread on bread.

To Drink: Cold milky cocoa.

Meal 3—Egg and Salad Sandwiches, Prune Dumplings, Vanilla Drink

EGG AND SALAD SANDWICHES

Ingredients

2 reconstituted eggs, scrambled to a soft consistency
2 ozs. of finely shredded cabbage
Salt and pepper

Method.—Mix together and spread on bread.

PRUNE DUMPLINGS

Regulo Setting Mark 6

About 2 ozs. of potato short crust, very slightly sweetened
3 prunes
A little milk

Method.—Soak, stone and halve the prunes. Allow 3 halves to each dumpling, unless the prunes are very small. Roll out the pastry. Cut into two squares, put the prunes in the centre, gather up the corners and seal. Put the dumplings, sealed side down, in a greased baking-tin, brush over with milk. Bake for 20 minutes in a moderately hot oven until the pastry is golden brown.

VANILLA DRINK

½ pint of milk
1 teaspoonful of vanilla essence
2 teaspoonfuls of sugar
Few drops of cochineal

Method.—Shake all the ingredients well together.

THREE MEALS FOR A TRAIN JOURNEY

Meal 1—Cheese and Parsley Sandwiches, Chocolate Pin Wheels, Coffee or Tea

CHEESE AND PARSLEY SANDWICHES

Ingredients

2 ozs. of finely grated cheese
2 tablespoonfuls of chopped parsley
1 tablespoonful of vinegar
1 teaspoonful of chopped pickle, if possible
1 tablespoonful of milk
Pepper, salt and mustard

Method.—Mix all the ingredients thoroughly together to a creamy consistency. Spread on bread.

CHOCOLATE PIN WHEELS

Ingredients **Regulo Setting Mark 4**

For Pastry

4 ozs. of flour
1 oz. of fat
1 teaspoonful of sugar
1 level teaspoonful of baking powder
Milk to mix

For Filling

1 oz. of margarine
1 teaspoonful of cocoa
1 dessertspoonful of syrup
½ teaspoonful of vanilla

Method.—Mix the pastry as usual to a stiff paste, roll out into a square. Mix the filling well together. Spread on the pastry square to within ¼-inch of the edge. Damp the edges, roll up, seal, cut into slices and bake in a moderate oven for 30 minutes.

To Drink: Coffee or tea in a vacuum flask.

Meal 2—Savoury Pasty, Sweet Scones, Fruit Drink

SAVOURY PASTY

Ingredients **Regulo Setting Mark 6**

For Pastry

4 ozs. of flour
1½ ozs. of fat
Pinch of salt
Cold water to mix

For Filling

2 ozs. of cooked lentils
3 ozs. of finely shredded cabbage
2 ozs. of mixed cooked vegetables
Pepper and salt
1 rasher of bacon, fried and chopped
Fat from bacon

Method.—Rub the fat into the flour and salt; mix to a stiff paste and roll out in 3 rounds. Mix the filling well together, spread on the pastry, damp the edges, make into pasties. Bake in a moderately hot oven for 30 minutes.

SWEET SCONES

Ingredients **Regulo Setting Mark 7**

4 ozs. of flour
½ oz. of fat
Pinch of salt
½ oz. of sugar
½ oz. of dried fruit
1 teaspoonful of baking powder
Milk to mix

Method.—Rub the fat into the flour, add the salt, sugar, fruit and baking powder. Mix to a soft dough with the milk. Roll out to ½-inch thickness, cut into rounds and bake in a hot oven for 10 minutes.

FRUIT DRINK

Ingredients

½ pint of fruit pulp (or fresh fruit)
¾ pint of water
½ teaspoonful of citric acid
1 teaspoonful of syrup
Lemon essence to taste

Method.—Boil the fruit pulp or fruit with the water and the acid until the liquid is reduced to ½ pint. Strain, add syrup and lemon essence, stir until dissolved and allow to cool.

Meal 3—Savoury Sandwiches, Chocolate Mould, Lemon Drink

SAVOURY SANDWICHES

Ingredients

2 ozs. of grade 3 salmon
2 ozs. of cooked mashed potato
Pepper and salt
2 tablespoonfuls of mock mayonnaise

Method.—Mash the salmon, add potato and mayonnaise. Season well. Spread on bread.

CHOCOLATE MOULD

Ingredients

¼ pint of milk
½ oz. of custard powder
1 dessertspoonful of cocoa
1 dessertspoonful of sugar
½ teaspoonful of vanilla

Method.—Heat nearly all the milk to boiling point. Blend the remainder with mixed custard powder and cocoa. Pour on the boiling milk, stirring well, add sugar and vanilla. Cook for 5 minutes, stirring, pour into a wet mould and allow to set.

LEMON DRINK

Ingredients

½ pint of water
¼ teaspoonful of citric acid
1 teaspoonful of syrup
1 teaspoonful of lemon substitute

Method.—Boil the water, pour on to the acid, add lemon substitute and syrup, and allow to cool.

THREE MEALS FOR A WORKER ON DAY SHIFT

Meal 1—Rissoles, Sandwiches, Coffee Cake

RISSOLES

Ingredients **Regulo Setting Mark 5**

2 ozs. of minced or finely chopped meat (cooked)
2 ozs. of cooked beans
4 ozs. of cooked mashed potato
Pepper and salt
1 tablespoonful of stale breadcrumbs
1 reconstituted egg
1 tablespoonful of chopped onion or leek

Method.—Mix all the ingredients thoroughly together, bind to a very stiff consistency with the egg and a little water, if required. Form into rounds, flatten, coat in crumbs, bake for 20 minutes or fry and allow to cool.

SANDWICHES

Ingredients

2 ozs. of finely shredded cabbage, or broken lettuce leaves
1 oz. of grated carrot
1 oz. of grated beetroot
Well divided watercress
2 tablespoonfuls of mayonnaise
Pepper and salt

Method.—Mix ingredients well together, spread on bread.

COFFEE CAKE

Ingredients — **Regulo Setting Mark 4**

3 ozs. of fat
3 ozs. of sugar
2 reconstituted eggs
3 level teaspoonfuls of baking powder
½ lb. of flour
2 ozs. of sultanas
Pinch of salt
Strong coffee to mix

Method.—Cream the fat and sugar together, add the egg, and flour mixed with salt, alternately, using strong coffee to make a soft consistency. Add the sultanas, beat well. Sprinkle in the baking powder, turn into a greased tin and bake for 1 hour in a moderate oven.

Meal 2—Scotch Eggs, Cole Slaw, Bakewell Tarts

SCOTCH EGGS

Ingredients

3 reconstituted eggs
½ lb. of sausage meat
Pepper and salt

Method.—Steam the eggs in greased egg cups for 10 minutes. Cool, cover with sausage meat. Coat with browned crumbs, fry evenly, and cool.

COLE SLAW

Ingredients

1 lb. of cabbage
½ teaspoonful of salt
½ pint of very thin white sauce
2 teaspoonfuls of sugar
3 tablespoonfuls of vinegar
1 teaspoonful of made mustard
Pepper

Method.—Shred the cabbage very finely. Wash it and dry thoroughly in a cloth. Make the white sauce, add the mustard, sugar, salt and pepper. Pour it over the shredded cabbage, and toss and mix like a salad.

BAKEWELL TARTS

Ingredients — **Regulo Setting Mark 5**

4 ozs. of shortcrust pastry
2 ozs. of flour
½ oz. of fat
½ oz. of sugar
1 reconstituted egg
Pinch of salt
1 level teaspoonful of baking powder
Vanilla essence
Jam

Method.—Roll out the pastry and line patty tins. Cream the fat and sugar, mix in alternately the egg and flour mixed with salt and baking powder. Add the vanilla and mix well. Put a little jam at the bottom of each case and then a teaspoonful of the mixture. Bake for 20 minutes in a moderately hot oven.

Meal 3—Fadge Rolls, Salad, Fairy Cakes

FADGE ROLLS

Ingredients **Regulo Setting Mark 4**

For Pastry

4 ozs. of cooked mashed potato
Salt
Little flour

For Filling

2 ozs. of cooked mashed lentils
2 tablespoonfuls of finely chopped parsley
2 tablespoonfuls of finely chopped leek or onion
2 ozs. of cooked mashed potato
½ teaspoonful of marmite
Few drops of Worcester sauce
Pepper and salt

Method.—Mix the potato, salt and flour to a stiff paste, divide into four and roll into rounds. Mix the filling ingredients well together, spread on the rounds, damp the edges, fold over and bake in a moderate oven for 20 minutes.

SALAD

Ingredients

4 ozs. of diced cooked potato
2 ozs. of finely shredded cabbage
Salt and pepper
1 tablespoonful of chopped parsley
2 tablespoonfuls of mayonnaise

Method.—Mix ingredients well together.

FAIRY CAKES

Ingredients **Regulo Setting Mark 5**

3 ozs. of fat
3 ozs. of sugar
8 ozs. of flour
2 reconstituted eggs
3 ozs. of sultanas
3 level teaspoonfuls of baking powder
½ teaspoonful of vanilla flavouring
Milk to mix

Method.—Cream the fat and sugar, add the egg and flour alternately, use enough milk to make a soft consistency. Mix in the sultanas and flavouring. Sprinkle in the baking powder. Drop spoonfuls of the mixture into small greased patty pans and bake in a moderately hot oven for about 15 minutes.

THREE MEALS FOR A WORKER ON NIGHT SHIFT

Meal 1—Clear Soup, Potato Omelette, Sandwiches, Custard Tarts

CLEAR SOUP

Ingredients

1 lb. of mixed vegetables (not potatoes)
1 onion or leek, in large pieces
Pepper and salt
¾ pint of water or stock

Method.—Prepare and chop three-quarters of the vegetables into large pieces, add the onion, stock and seasoning to the pan. Simmer till reduced to ½ pint (1 hour). Strain. Add finely

diced remainder of vegetables. Cook for 20 minutes. Put into a hot flask.

POTATO OMELETTE

Ingredients

½ lb. of sliced potatoes (partly or wholly cooked)
2 reconstituted eggs.
Salt and pepper
1 tablespoonful of chopped parsley
2 tablespoonfuls of milk

Method.—Fry the potatoes in a little fat till cooked, beat the eggs well, add seasoning, parsley and milk. Pour over the potatoes, stir up in the pan, then allow to set. Turn into a crescent shape and allow to cool.

SANDWICHES

Ingredients

1 oz. of grated raw carrot
1 oz. of grated raw turnip
1 tablespoonful of chopped parsley
Pepper and salt
2 tablespoonfuls of mock mayonnaise

Method.—Mix all ingredients well together. Use for sandwich filling.

CUSTARD TARTS

Ingredients **Regulo Setting Mark 6**

For Pastry

4 ozs. of flour
1 oz. of fat
Pinch of salt
Cold water to mix

For Custard

¼ pint of milk
1 reconstituted eggs
½ teaspoonful of salt
1 teaspoonful of sugar
Nutmeg

Method.—Make the pastry short crust. Roll out into rounds and line patty tins. Beat the milk and egg together, add the salt and sugar. Pour into the cases, and sprinkle with nutmeg. Bake in a moderately hot oven for 15 minutes.

These tarts are best carried in the patty tins.

Meal 2—Fish Cream, Oatmeal Scones, Sweet Sandwiches

FISH CREAM

Ingredients

¼ lb. of grade 3 salmon
¼ pint of thick piquante parsley sauce

OATMEAL SCONES

Ingredients **Regulo Setting Mark 7**

2 ozs. of flour
2 ozs. of oatmeal (fine)
½ oz. of fat
Pinch of salt
1 level teaspoonful of baking powder
Milk to mix

Method.—Mix the flour and oatmeal, and rub in the fat. Add the salt and baking powder, mix to a soft dough with milk. Roll out, cut into rounds and bake for 10 minutes in a hot oven. When cool, spread with a little margarine and vegetable extract and fill with cress.

SWEET SANDWICHES

Ingredients

2 ozs. of stoned soaked prunes
2 tablespoonfuls of fruit pulp
1 teaspoonful of syrup

Method.—Chop the prunes finely and add the pulp and syrup. Spread on bread.

Meal 3—Savoury Crunches, Russian Salad, Custard Mould

SAVOURY CRUNCHES

Ingredients **Regulo Setting Mark 6**

4 ozs. of short crust pastry
2 ozs. of oatflakes (or oatmeal, toasted)
1 oz. of margarine, melted
1 oz. of grated cheese
Pepper, salt and mustard
Little milk

Method.—Roll out the pastry to $\frac{1}{4}$ inch thick. Mix the flakes, margarine, cheese and seasoning with sufficient milk to make a stiff paste. Spread on the pastry to $\frac{1}{4}$ inch thickness. Cut into squares. Bake in a moderately hot oven for 20 minutes.

RUSSIAN SALAD

Ingredients

2 ozs. of diced cooked carrot and turnip
2 ozs. of cooked potato
2 ozs. of cooked beetroot
Pepper and salt
2 tablespoonfuls of mock mayonnaise
1 tablespoonful of chopped parsley

Method.—Mix all the ingredients with mayonnaise. Place in greaseproof paper in a tin.

CUSTARD MOULD

Ingredients

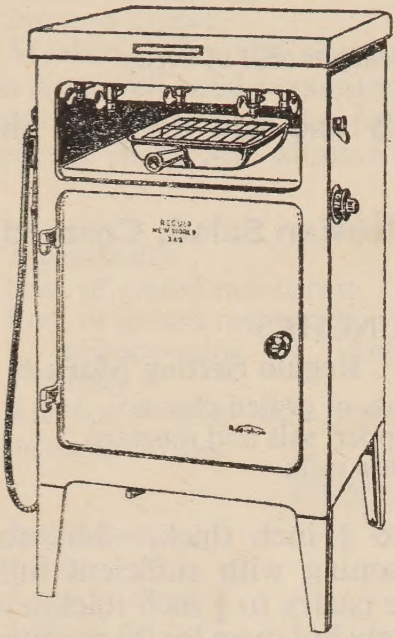
1 dried egg
1 tablespoonful of dried milk
1 tablespoonful of sugar
$\frac{1}{4}$ pint of water
Fruit or jam at base of mould

Method.—Mix the egg, milk, and sugar, beat in the water. Cook for 20 minutes. Pour into damped moulds and allow to set.

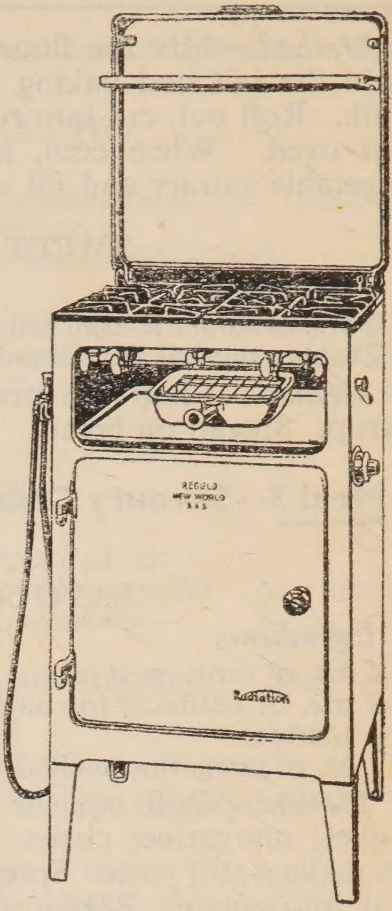
The recipes in this book have been compiled with every care. The Publishers, however, are not able to accept responsibility for any printing error.

REGULO
NEW WORLD
GAS COOKERS

Nos. 345 and 348. Previous models are also fitted with the Regulo Oven Heat Controller

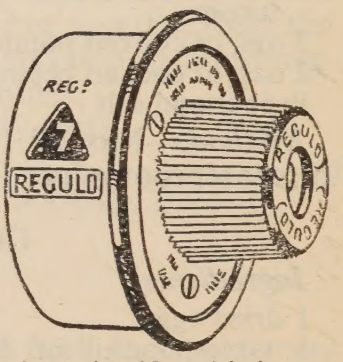


REGULO NEW WORLD No. 345
with cover-top closed



REGULO NEW WORLD No. 345
with cover-top raised and
plate shelf ready for use

THE REGULO HEAT CONTROLLER



The figures on the Regulo dial represent the complete range of oven heats required for every variety of cooking. To use the Regulo, set the dial to the number required, turn the oven tap on full, light the gas and close the door. Allow 15 minutes heating with Regulo settings up to mark 7 and 20-25 minutes with higher marks. When the oven is hot insert the food and close the oven door tightly. At the end of the prescribed time remove the food. During the whole cooking period the oven is left entirely to itself and it is not necessary to open the door from the time the food is inserted until it is finally removed, perfectly cooked.

The Regulo New World Gas Cooker is a Product of Radiation Ltd.

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COOKING TO-DAY *the* REGULO (REGD.) WAY!...

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RECIPES WITH REGULO MARKS

Recipes approved by the
MINISTRY OF FOOD